



Office and Home First Aid Training (1day , 8hrs)

First Aid Basics

- Deciding to Provide First Aid
- Asking to Give First Aid
- Victim and Rescuer Safety
- Assessing the Scene
- Washing Hands
- Universal Precautions
- Exposure to Blood
- Taking Off Gloves

- Phoning for Help
- When to Phone for Help
- How to Phone for Help

- Finding the Problem
- After the Emergency
- Sample First Aid Kit

Medical Emergencies

- Choking in an Adult
- Mild vs Severe Choking
- How to Help a Choking Adult

- Allergic Reactions
- Heart Attack
- Fainting
- Diabetes and Low Blood Sugar
- Stroke
- Seizure
- Shock

Injury Emergencies

- Bleeding You Can See
- How to Stop Bleeding
- Bandaging
- Using Tourniquets

CPR and AED

- CPR and AED for Adults
- Compressions
- Give Breaths
- Using a Mask

Use an AED
Assess and Phone EMS
Put it All Together

- CPR and AED for Children
- Compressions
- Give Breaths
- Using a Mask

Use an AED
Assess and Phone EMS
Put it All Together

- How to Help a Choking Child
- Mild vs Severe Choking
- How to Help a Choking Child

- CPR for Infants
- Compressions
- Give Breaths
- Using a Mask

Assess and Phone EMS
Put it All Together

- How to Help a Choking Infant
- Mild vs Severe Choking
- How to Help a Choking Infant