

CONTENTS FOR A ONE DAY FIRST AID WORKSHOP

S.No.	Topic	Mins/Hours
1.	Speakers Introduction	15 min
2.	First Aid: An Overview (Aims & Outcome of the workshop)	15 min
3.	First Aid: Legal Aspects in India	30 min
4.	Principals of First Aid (4 c's)	30 min
5.	Basic Safety Hints <ul style="list-style-type: none"> • Home • Water • Kitchen • Fire 	90 min
7.	Basic First Aid for: <ul style="list-style-type: none"> ➤ Obstructed airway ➤ Choking ➤ Disorders of heart ➤ Adult life support ➤ Child life support ➤ Bleeding ➤ Nose bleed ➤ Shock ➤ Musculoskeletal injuries ➤ Burns ➤ Foreign body in the eye ➤ Medical emergencies <ul style="list-style-type: none"> • Asthma • Diabetes • Seizures ➤ Movie on CPR ➤ Learn to perform CPR and pressure bandage 	120 min
8.	First Aid Quiz	30 min
9.	making a first aid kit	30 min
10.	Take a first aid test and print your own certificate on first aid	15 min
11.	Action plan & Discussion	30 min

Additional items to be provided during the workshop:

- First aid Guidelines
- Complimentary first aid kit for the company