TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING
Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway
Internationally Accredited Institution Registered under Tamilnadu Govt Act

CERTIFICATE IN FIRST AID

DURATION:3 MONTHS

SYLLABUS

UNIT – I: INTRODUCTION TO FIRST AID AND BASIC PRINCIPLES

Definition, Meaning, Aims and Objectives of First Aid – Importance and Scope of First Aid – Principles and Golden Rules of First Aid – Responsibilities and Qualities of a First Aider – Duties and Limitations of a First Aider – Legal and Ethical Considerations – Consent and Refusal of Treatment – Personal Safety and Infection Prevention – Emergency Situations and Assessment of Accident Scenes – First Aid Kit: Contents, Uses and Maintenance – Emergency Medical Services and Contact Procedures.

UNIT – II: FIRST AID PROCEDURES AND BASIC EMERGENCY TECHNIQUES

General Procedures for Providing First Aid – Primary and Secondary Assessment of a Casualty – Checking Consciousness, Breathing and Circulation – Airway Management and Recovery Position – Basic Life Support (BLS): Introduction and Principles – Cardiopulmonary Resuscitation (CPR): Meaning, Importance and Basic Procedures – Automated External Defibrillator (AED): Introduction and Uses – Dressing and Bandaging Techniques – Types and Uses of Bandages – Application of Splints – Basic Immobilisation Techniques – Safe Lifting, Moving and Transportation of Injured Persons – Monitoring Vital Signs: Pulse, Respiration, Body Temperature and Blood Pressure.

UNIT – III: FIRST AID MANAGEMENT OF COMMON INJURIES AND ACCIDENTS

Wounds: Types, Causes and First Aid Management – Cuts, Abrasions, Bruises and Lacerations – Bleeding and Methods of Bleeding Control – Burns and Scalds: Types, Degrees, Causes and First Aid Management – Fractures: Types, Signs, Symptoms and First Aid – Dislocations, Sprains and Strains – Head, Neck and Spinal Injuries – Eye Injuries and Foreign Bodies – Ear and Nose Injuries – Dental Injuries – Animal Bites and Insect Stings – Snake Bites: Signs, Symptoms and Immediate First Aid – Prevention of Further Injury and Complications.

UNIT – IV: FIRST AID FOR MEDICAL EMERGENCIES AND SUDDEN ILLNESSES

Shock: Types, Causes, Signs and First Aid Management – Fainting and Unconsciousness – Choking and Airway Obstruction – Drowning and Near-Drowning – Poisoning: Types, Causes and First Aid Management – Food Poisoning – Seizures and Epilepsy – Heart Attack: Warning Signs and Immediate First Aid – Stroke: Signs, Symptoms and Emergency Response – Diabetes-Related Emergencies: Hypoglycaemia and Hyperglycaemia – Asthma and Breathing Difficulties – Allergic Reactions and Anaphylaxis – Heat Exhaustion and Heat Stroke – Hypothermia and Cold-Related Emergencies.

UNIT – V: DISASTER MANAGEMENT, SAFETY AND PRACTICAL APPLICATIONS OF FIRST AID

Introduction to Disaster Management – Types of Disasters: Natural and Man-Made – First Aid During Floods, Earthquakes, Cyclones and Fire Accidents – Industrial and Road Traffic Accidents – Emergency Preparedness and Evacuation Procedures – Basic Principles of Triage and Casualty Prioritisation – Fire Safety and Prevention – Personal and Workplace Safety Measures – First Aid in Schools, Colleges, Offices, Industries and Public Places – Role of First Aid in Community Health and Social Welfare – Emergency Communication and Coordination with Medical Services – Practical Demonstration of First Aid Procedures.