

COURSE OVERVIEW HE1009

First Aid - Basic
(E-Learning Module)

Course Title

First Aid - Basic
(E-Learning Module)

Course Reference

HE1009

Course Format & Compatibility

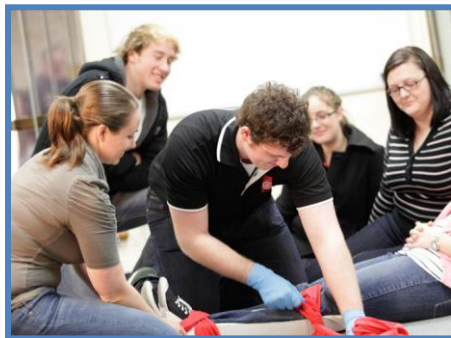
SCORM 1.2. Compatible with IE11, MS-Edge, Google Chrome, Windows, Linux, Unix, Android, IOS, iPadOS, macOS, iPhone, iPad & HarmonyOS (Huawei)

Course Duration

30 online contact hours
(3.0 CEUs/30 PDHs)



Course Description



First aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life prevent the condition from worsening, and/or promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing CPR while waiting an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut.



This course is designed to provide participants with a detailed and up-to-date overview of basic first aid. It covers the basic first aid concepts and the obligation to act in an emergency; the basis of liability, consent, bleeding, plasma, cells, functions of blood and normal volumes of blood; the blood vessels, arteries, venae, capillaries and types of hemorrhage; the classification, signs and symptoms of bleeding; and the important aspects in the evaluation of loss of blood.



Further, the course will also discuss the general symptoms, signs and treatment of chest injuries, rib fractures, chest wounds, thorax, lung, pneumothorax, hemothorax, hemorrhage, blood vessels, diabetes, epilepsy, convulsions, epistaxis (nose-bleed), ear injuries, abrasions and lacerations, eye injuries, thermal burns, laceration or penetration and piercing wound.



During this interactive course, participants will learn the complications of hand injuries, environmental injuries and the factors that plays a role in man's ability to resist heat; the three forms of heat illnesses; the signs, symptoms and treatment of heat cramps, heat exhaustion, heat stroke, frostbite, superficial freezing, systemic hypothermia, drowning and near drowning; the effects and classifications of poisons; the causes of obstruction; the control of external bleeding and classification of fractures; and the signs and symptoms of fractures, sprains, treatment for burns, head injury and spinal injuries.

Course Objectives

After completing the course, the employee will:-

- Apply and gain a basic knowledge on first aid
- Understand and have practiced using the skills needed (both medical and behavioral) to assist a sick or injured person and give appropriate care
- Be able to assess a sick or injured person either in the home or at the scene of an accident and give appropriate care
- Understand one's own role in case of an emergency
- Understand the main principles and concepts of first aid behavior
- Be able to identify and assess the following medical cases and provide the required medical assistance
- Understand bleeding, shock, heart problems, stroke, allergic reaction, asthma, hyperventilation, poisoning, diabetic emergencies, epileptic seizures, head injury, chest injury, neck and back injuries, eye injuries, burns and electrical injuries
- Discuss the basic first aid concepts and the obligation to act in an emergency
- Explain the basis of liability, consent, bleeding, plasma, cells, functions of blood and normal volumes of blood
- Identify the blood vessels, arteries, venae, capillaries and types of haemorrhage: (depends on type of blood vessels damaged)
- Classify internal bleeding including the signs and symptoms of bleeding
- Discuss the important aspects in the evaluation of loss of blood
- Recognize the general symptoms, signs and treatment of chest injuries, rib fractures, chest wounds, thorax, lung, pneumothorax, hemothorax, hemorrhage, blood vessels, diabetes, epilepsy and convulsions
- Determine epistaxis (nose-bleed), ear injuries, abrasions and lacerations, eye injuries, thermal burns, laceration or penetration and piercing wound
- Identify the complications of hand injuries, environmental injuries and the factors that plays a role in man's ability to resist heat
- Recognize the three forms of heat illnesses as well as the signs, symptoms and treatment of heat cramps, heat exhaustion, heat stroke, frostbite, superficial freezing, systemic hypothermia, drowning and near drowning
- Discuss the effects and classifications of poisons, the causes of obstruction, the control of external bleeding and classification of fractures
- Identify the signs and symptoms of fractures, sprains, treatment for burns, head injury and spinal injuries

Who Should Attend


This course provides an overview of all significant aspects and considerations of basic first aid for emergency and medical services staff, HSE and regular staff, medical team members and all first aiders.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course.

Certificate Accreditations


Certificates are accredited by the following international accreditation organizations: -

- 
USA International Association for Continuing Education and Training (IACET)

Haward Technology is an Authorized Training Provider by the International Association for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 1-2013 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 1-2013 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Association for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

Training Methodology

This Trainee-centered course includes the following training methodologies:-

- Talking presentation Slides (ppt with audio)
- Simulation & Animation
- Exercises
- Videos
- Case Studies
- Gamification (learning through games)
- Quizzes, Pre-test & Post-test

Every section/module of the course ends up with a Quiz which must be passed by the trainee in order to move to the next section/module. A Post-test at the end of the course must be passed in order to get the online accredited certificate.

Course Fee

As per proposal

Course Contents

- Basic First Aid
- Introduction
- Module 1: Basic First Aid Concepts
- The Obligation to Act in an Emergency
- The Basis of Liability – Negligence
- Cases Where Liability Does Not Occur
- Consent
- Consent can be
- Bleeding
- Plasma Consists
- Cells Consist
- Functions of Blood
- Normal Volumes of Blood
- Blood Vessels
- Arteries
- Venae
- Capillaries
- Definition of Bleeding



- Types of Haemorrhage: (Depends on Type of Blood Vessels Damaged)
- Classification of Bleeding
- Examples
- Internal Bleeding
- Signs and Symptoms o Bleeding
- The Relevant Volumes are as Follows
- Symptoms
- Signs
- How to Determine the Origin of Bleeding
- General Examination
- Specific Examination
- Important Aspects in the Evaluation of Loss of Blood
- Injuries of the Chest
- General Symptoms and Signs of Chest Injuries
- General Handling of Chest Injuries
- Specific Thoracic Injuries – Rib Fractures
- Multiple Rib Fractures
- Treatment
- Flail Chest
- Signs and Symptoms
- Treatment
- Penetrating Chest Wounds
- Foreign Object in the Thorax
- Compression Injuries to the Thorax
- Signs
- Treatment
- Explosion Injuries to the Lung
- Lung Signs
- Treatment
- Sternum Fractures
- Module 2: Specialized First Aid Concepts
- Complications of Thoracic Injuries
- Types of Pneumothorax





- Signs and Symptoms
- Should a Tension Pneumothorax Develop
- Treatment
- Method 1
- Method 2
- Haemothorax
- Treatment
- Signs and Symptoms.
- Treatment
- Hemorrhaging from Major Blood Vessels
- Signs and Symptoms
- Treatment
- Contusion of the Lung
- Signs and Symptoms
- Treatment
- Diabetes
- Types of Diabetes
- Classical Symptoms of Diabetes Mellitus
- Treating Uncomplicated Diabetes
- Complications
- Physiology
- Diabetes Causes Two Major Complications
- Diabetic Ketoacidosis
- Insulin Shock
- Epilepsy and Convulsions
- Causes
- Types of Epilepsy
- Complex or Partial Attack (Previously Known as Temporal Lobe Epilepsy and Jacksonian Epilepsy)
- General Tonic-Clonic Attacks (Previously Known as Grand Mal Epilepsy: These are Normally Characterized by Three Stages)
- Convulsions
- Recovery Stage
- Treatment



- Status Epilepticus
- Febrile Convulsions
- Treatment
- Prevention
- Treatment of Facial Injuries
- Anatomy
- Treatment Principles
- The Knocked-Out Tooth
- The Tooth Socket
- The Dry Tooth-Socket
- The Lacerated Lip
- Lacerated Tongue
- Facial Fractures
- Signs
- Treatment
- Fractured Mandible
- Epistaxis (Nose-Bleed)
- Treatment
- Ear Injuries
- The External Ear
- The Middle Ear
- The Inner Ear
- Types of Injuries
- Signs and Symptoms
- Treatment
- Abrasions and Lacerations
- Bleeding or Fluid from the Ear
- Foreign Object in the Ear
- Injuries of the Throat and Soft Neck Tissue
- Anatomy
- Types of Injuries
- Signs and Symptoms
- Treatment

- Penetrating Injuries
- Signs and Symptoms
- Treatment
- Eye Injuries
- The Eyeball Wall Consist
- Examining the Injured Eye
- If the Eye is Open
- Be on the Alert for the Following
- Types of Eye Injuries
- Symptoms
- Signs
- Examination
- Treatment
- On the Cornea
- Chemical Burns
- Chemical Solutions: Acids, Alkalis Etc.
- Chemical Substances
- Thermal Burns
- Irradiation Injuries
- Arc Eyes
- Signs
- Symptoms
- Treatment
- Eye Wounds
- Symptoms
- Signs
- Treatment
- Laceration or Penetration
- Symptoms
- Signs
- Treatment
- Piercing Wound
- Symptoms

- Signs
- Treatment
- Avulsion of the Eye
- Treatment
- Foreign Object Embedded in the Eye
- Blunt Injuries
- Symptoms
- Signs
- Objects Smaller than the Eye Socket
- Symptoms
- Signs
- Treatment
- Hand Injuries
- Functional Position
- Complications of Hand Injuries
- Environmental Injuries
- Factors that Plays a Role in Man's Ability to Resist Heat
- If the Body Overheats it Leads to the Following Conditions
- The Three Forms of Heat Illnesses may be Present in the Same Patient. People Most Susceptible to Heat Diseases Include the Following
- Heat Cramps
- Treatment
- Heat Exhaustion
- Signs and Symptoms
- Treatment
- Heat Stroke
- Signs and Symptoms
- Treatment
- Exposure to Cold
- The Body's Reaction to Cold Exposure is as Follows
- The Seriousness of Injuries Sustained by Exposure to Cold, Depends On
- Types of Damage by Cold
- Frostbite
- Treatment



- Superficial Freezing
- Deep Frostbite
- Treatment for Superficial and Deep Frostbite
- Systemic Hypothermia
- Treatment
- Drowning and Near Drowning
- Near Drowning
- The Type of Water in Which the Person Finds Himself then, Determines the Outcome
- Salt Water
- Hypothermia
- Further Injuries Sustained During Drowning or Near Drowning
- Treatment
- Poisoning
- The Effects of Poisons
- Classification of Poisons
- Poison Ingested by Mouth
- Inhaled Poisons
- Absorbed Poisons
- Injected Poisons
- Diagnosis
- General Management
- Complications of Poisoning
- Specific Poisonings
- Signs and Symptoms
- Treatment
- Snake Bite
- Vipers
- Effect of Poison
- Clinical Signs
- Cobras and Mambas
- Clinical Signs
- Tree Snake
- Clinical Picture





- Treatment of Snake Bites
- A First Aider is Not Allowed to Use a Tourniquet or to Give Medication
- Basic Life Support
- Talk to the Patient (Responsiveness)
- If There is No Response, Call Bystanders for Help While Ensuring an Open Airway. Request Bystanders to Call for Help and to Render Help
- Should the Patient Not React at All?
- Use the Head – Tilt- Chin-Lift Method to Open the Airway
- If a Neck Injury is Suspected, Use the Jaw-Thrust Method
- Procedure
- Once the Airway has been, Determine Whether the Patient is Breathing
- If the Patient is Not Breathing
- If the Patient is Breathing
- Mouth to Mouth
- Procedure
- If the Chest does Not Expand Completely During Artificial Respiration it may be Due to the Following
- Mouth to Nose
- In the Absence of a Pulse
- One Person CPR
- Procedure
- Important Points to Remember:
- Two Person CPR
- The First Aider
- The Second First Aider
- Important Points to Remember
- CPR Cycles
- Airway Obstruction
- Causes of Obstruction
- Partial Obstruction
- Treatment
- If a Foreign Object has been Inhaled Causing a Partial Obstruction
- Complete Obstruction
- Treatment





- Conscious Person – Adult and Older Children
- If the Patient Is Markedly Obese or Pregnant
- Should You Yourself be the Victim
- The Unconscious Patient
- Infants and Small Children
- The Control of External Bleeding
- Direct Pressure
- Indirect Pressure
- There Are Eleven Pressure Points on Each Side
- Brachial Artery
- Radial Artery & Artery Ulnaris
- Femoral Artery
- Femoral Artery Pressure Point
- To Control Bleeding of the Neck
- Procedure
- To Control Bleeding of the Head and Face
- Facial Artery
- Treatment of Internal Bleeding
- Shock
- Classification of Shock
- Hypovolemic Shock
- Mechanism
- If Shock is Not Treated, It Will Result in
- Signs and Symptoms of Hypovolemic Shock
- Cardiogenic Shock
- Mechanism
- Signs and Symptoms
- Septic Shock
- Mechanism
- Signs and Symptoms
- Neurogenic Shock
- Mechanism
- Signs and Symptoms



- Anaphylactic Shock
- Causes
- Signs and Symptoms
- Respiratory
- Cardiovascular
- Gastro-Intestinal Tract
- Nervous System
- Psychogenic Shock
- Definition
- Causes
- Mechanism
- Signs and Symptoms
- The First Aider should Always Keep in Mind that Fainting might be a Sign of Some Underlying Condition
- Treatment for Shock
- The Following Principles should be Adhered to in the Handling of the Patient Who Suffers from Shock
- Fractures
- Dislocation
- Sprains
- Fractured Dislocation
- Strained Muscles
- Causes of Fractures
- Indirect Physical Force
- Classification of Fractures
- Open Fracture
- Dangers of an Open Fracture
- Fractures are Said to be Complicated When Accompanied by Any Injury to an Internal Organ or Other Tissue
- Fractures may Also be Classified According to the Injury Sustained by the Bones as Ascertained by Means of X-Rays. The First Aider should However Familiarize Himself with the Terminology
- Signs and Symptoms of Fractures
- Figures 4.25 Dislocation
- Signs and Symptoms of Sprains

- Immobilizing Fractures
- Bandages
- Improvisation
- Burns
- Causes
- Classification
- Determining the Percentage of a Burnt Surface
- The Severity of Burns is Determined By
- Treatment for Burns
- Immerse Wound for 15-20 Minutes
- Specific Treatment
- Chemical Burns
- Showering After Exposure to Chemicals
- Electrical Burns
- Complications Following Burns
- Head Injuries
- The Cranium
- Facial Bones
- Skin and Muscles Cover the Skull. Internally the Skull is in Direct Contact with the Dura Mater, The Outside Covering of the Brain. The Contents of the Skull may be Grouped into Four Components
- Physiology
- Causes of Head Injury
- Types of Injuries
- Brain Injuries
- Bleeding
- Other
- Signs and Symptoms
- Facial Fractures
- Brain Injuries
- Concussion
- Moderate Concussion
- Severe Concussion
- Serious Concussion

- Bleeding – Compression Injury
- Extradural
- Subdural Bleeding
- Signs and Symptoms of Intracranial Pressure
- Treatment for the Patient with Head Injuries
- Treat Head Wounds
- Spinal Injuries
- Anatomy
- Figures 4.33 Profile of the Spine
- Causes of Spinal Injuries
- Classification
- Signs and Symptoms
- Treatment of Injuries of the Spinal Column
- How to do a Log Roll