

**TRAINING MODULE ON BASIC FIRST AID RELATED TO ROAD  
ACCIDENT FOR A DURATION OF 01 (ONE) WEEK**

<b>Subjects</b>	<b>Periods to be assigned</b>			
	<b>Theory</b>	<b>Demo</b>	<b>Pract.</b>	<b>Total</b>
<b>Introduction</b> – Objectives of the Course, Methodology Etc.; Inauguration, A brief overview of Major Road Accident	02	-	-	02
<b>Ice breaking, Pre-training Evaluation</b>	01	-	01	02
<b>Receipt of the call &amp; Response</b>	01	-	-	01
<b>Incident Management</b> Incident; Request for assistance; Approaching the scene; Types of Incidents; Scene assessment; Scene safety; Gaining access; Personal protection equipment; Medical equipment.	01	-	-	01
<b>The Emergency Medical Services (EMS) System</b> Components of the EMS system & First Aid; Pre-hospital treatment; Duties of First Aider; Qualities of First Aider; Legal issue.	02	-	-	02
<b>Infectious Disease Precautions</b> Modes of transmission, signs and symptoms; Pre-hospital treatment; Universal precautions.	01	-	-	01
<b>Anatomical References</b> Anatomical position; Reference points; Divisions, Body cavities.	01	-	01	02
<b>Initial Assessment and Physical Exam</b> Primary Survey - Casualty Management & Six phases of patient assessment plan.	02	01	02	05
<b>Basic life Support, Foreign Body Airway Obstruction and Cardio-Pulmonary Resuscitation (BLS, FBAO and CPR)</b> The respiratory system; Techniques for opening the airway; Rescue breathing; Obstructed airway; Steps for clearing or opening an airway; Anatomy of the circulatory system; steps for CPR; Complications of inadequate CPR; Initiating and terminating CPR.	02	01	02	05
<b>Haemorrhage and Shock</b> Broad overview of the circulatory system; pulse locations; Blood and blood volume; perfusion; shock; Anaphylactic shock; Internal and external haemorrhage.	01	01	01	03

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	Theory	Demo	Pract.	Total
<b>Mechanisms of injury</b> Mechanisms of injury; Potential injuries; Crush syndrome; Compartment syndrome; immobilization.	01	-	01	02
<b>Soft Tissue Injuries</b> Dressing and bandages; open and closed injuries; pre-hospital treatment.	01	01	02	04
<b>Musculo-Skeletal Injuries</b> Skeletal system; Fractures; Sprains and strains; Reasons for immobilizing; Techniques for immobilization; Manual traction.	01	01	02	04
<b>Injuries to the Skull, Spine and Chest</b> Specific injuries; pre-hospital treatment.	01	01	02	04
<b>Lifting and Moving Patients</b> Methods for correct lifting; Correct posture; Handling neck and spinal injuries.	01	01	01	03
<b>Report Writing and Preparing for the Next Call</b> Report format; equipment decontamination; Personal decontamination.	01	-	-	01
<b>Multiple Casualty Incident &amp; Triage</b> Colour coding, review of diagnostic signs.	01	01	01	03
<b>Two Group Presentations</b>	-	-	01	01
<b>Practical Exercises (Including evaluation)</b> Various Scenarios;	-	-	01	01
<b>BEHAVIOURAL SKILLS &amp; PERSONAL DEVELOPMENT</b> Communication Skills, Motivational Skills – motivating self and others. Stress Management, Health Management	02	-	-	02
<b>Revision</b>	01	-	-	01
<b>Feedback, Course Evaluation and Valediction</b>	02	-	02	04
<b>Total</b>	<b>26</b>	<b>08</b>	<b>20</b>	<b>54</b>

- Including through CDs, Video films etc. Where available