

Program of First aid LEVEL 1

Understandable theory. Videos and custom stories. Practical training. Model situations with realistic camouflage and psychological stress.

1. PRACTICAL TRAINING

1.1. Organization and how to behave at the scene of an emergency.

1.1.1. Rescue hygiene – prevention of transmission of infectious diseases

1.2. Life threatening conditions

1.2.1. Unconsciousness.

1.2.2. Impairment of vital functions.

1.2.3. Massive bleeding.

1.2.4. Shock, types of epileptic seizures, hyper and hypoglycemia. How to recognize these conditions.

1.3. Common first aid – joint injuries, broken limbs and fingers, cuts, burns.

1.4. Psychology of rescue, first aid equipment

2. PRACTICAL TRAINING

2.1. Rules for rescue by one person – minimal knowlegde

2.2. Stabilized position

2.3. Resuscitation

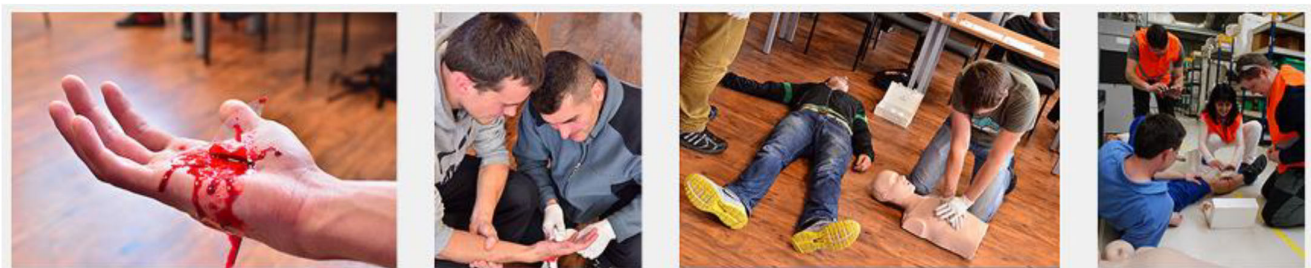
2.4. Practical training. Feedback. Discussion.

3. MODEL SITUATION

The most common injuries and health conditions. Practical use of your knowledge from previous parts of the course. The participants of the course simulate the real event and injuries. Realistic camouflage of injuries just like the real one.

How to use first aid equipment in real time. Working with participants' comfort zone. Feedback.

Real result in the form of acquired skills!



4. CONCLUSION

Discussion. Feedback of course.