

Basic First Aid

"Get trained and save lives"



Course Description: This course teaches employees on how to initially respond to an accident or injury at work place, and become aware of first aid guidelines and "good Practices", and be able to properly treat injuries and respond to emergencies until such time as the victim gets proper medical attention.

Our First Aid course adheres to the same guidelines as set forth in the American Heart Association's "Heartsaver First Aid Course". There may be times in your life that you are called upon to act quickly and perform first aid on a victim, whether it is a minor or very serious injury. When an accident/injury happens, time is not on your side. Besides a well-stocked and functional First Aid Kit, the skills you will learn in this course are the most important tools that you can acquire.

This section of our on-line course will introduce you to a number of common emergency situations and their respective First Aid responses. A quiz at the end of the section can be used to gauge how well you've retained what you read.

After successful completion of training and test, the trainee will receive a course completion certificate and a wallet card valid for two years by email.

Following First Aid Emergencies are discussed in details in the Course.

- **Recommended content of a Basic First Aid Kit**
- **Heart Attacks**
- **Shortness of Breath**
- **Asthma**
- **Allergic Reactions**
- **Insect Bites & Bee Stings**
- **Bleeding**
- **Burns**
- **Bite Wound**
- **Bruise**
- **Choking**
- **Cuts & Scraps**
- **Fractures, Sprains, Strains & Dislocations**
- **Shock**
- **Electric Shock**
- **Head Injury / Trauma**
- **Nose Bleeding/Injuries**
- **Eye Injuries**
- **Poisoning**
- **Diabetic Emergencies**
- **Stroke**
- **Seizure**
- **Heat Emergencies**
- **Cold Emergencies**
- **Legal & Medical Considerations**