

Certificate in First Aid (CFAID)

Information Brochure

"Develop Your Skills and Save a Life"



School of Health Sciences

**Indira Gandhi National Open
University**

Maidan Garhi, New Delhi-110068

IGNOU

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

The Indira Gandhi National Open University (IGNOU), was established by an Act of Parliament in 1985, has continuously striven to build an inclusive knowledge society through inclusive education. It has tried to increase the Gross Enrollment Ratio (GER) by offering high-quality teaching through the Open and Distance Learning (ODL) mode. The University began by offering two academic programmes in 1987, i.e., Diploma in Management and Diploma in Distance Education, with a strength of 4,528 students. Today, it serves the educational aspirations of over 3 million students in India and other countries through 21 Schools of Studies and a network of 67 regional centres, around 2,667 learner support centres and 29 overseas partner institutions. The University offers about 228 certificate, diploma, degree and doctoral programmes, with nearly 810 faculty members and 574 academic staff at the headquarters and regional centres and about 33,212 academic counsellors from conventional institutions of higher learning, professional organizations, and industry among others.

SCHOOL OF HEALTH SCIENCES

The School of Health Sciences was set up in 1991 with the objective of augmenting educational avenues and providing in-service training to medical, nursing, paramedical and allied personnel through the distance education mode. The School is pioneer in developing innovative competency based programmed in various disciplines of Health Sciences. Hands-on training is provided through diversified approaches of a network of medical colleges, nursing colleges, district level hospitals and community health centres and NGO's. School has also developed socially useful programs

The main functions of the school are as follows:-

- Planning, developing and launching of Degree, Diploma and Certificate level programmes/course for various Categories of health professionals.
- Health related awareness courses for the general public
- Conducting research on health related issues.

CERTIFICATE IN FIRST AID

Increase in knowledge, information technology and changes in the life style calls for a need to gain knowledge and skills to deal with common emergencies and situations requiring first aid. The need to develop and launch a programme in first aid is to generate first aid providers who can provide first aid during emergencies, accidents and various other health conditions. The Certificate Programme in First aid will be a boon for the vast human resource of the country who wish to get trained in first aid for personal and professional purposes.

The course aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations. The programme is open to varied target group with minimum qualification of '10th pass. The programme will benefit those who wish to pursue careers in which first aid training and certification is necessary for recruitment like assistants and aides working in Nursing homes, mobile Ambulances, industries, constructions sites, sports or water sport coaches and physical education, Drivers,

Conductors, Fire Marshals at fire station, Traffic Police, Army personnel's, teachers in schools, flight cabin crew members and air-hostesses etc and for those whose organizations have made it mandatory for their workers to undergo first aid training.

Objectives

The objectives of the programme are to:

- o Develop knowledge and skills about first aid.
- o Enable the learners to recognize the symptoms/conditions which require first aid.
- o Develop the ability of dealing with emergency situations.
- o Enable the learners to provide first aid in various situations and settings.

Academic Session : January and July cycle

Nature of Programme : General

Target Group: General Public/general population/ Professionals / Non-professionals with the keenness to pursue the course, employed in any sector /or unemployed housewives/self-employed/entrepreneur etc

Eligibility criteria : All those who have completed class 10th examination

Age Limit : No age bar

Programme Fee : Rs.3,500/-

Medium of instruction : English and Hindi

Number of Seats : 50-100 per Programme Study Centre

Admission/Selection Procedure : Merit basis

Duration: Minimum :6 Months Maximum : 2 years

PROGRAMME STRUCTURE

The programme is of 10 credits, the theory course is of 6 credits and practical is of 10 credits.

Courses	Name of Courses	Credits	Hours	Total counseling Hours	Total Self Study Hours
Theory	Basics of First Aid	6 credits	180 hours	16 hours (2 days)	164 hours
Practical	Skills in First Aid	10 credits	300 hours	32 hours (4 days)	268 hours
Total		16 credits	480 hours	48 hours (6 days)	432 hours (including assignment/ logbook and examinations)

BROAD PROGRAMME DESIGN

THEORY COURSE : COURSE CODE : BNS040 AND COURSE TITLE: BASICS OF FIRST AID = 6 CREDITS		
BLOCKS	BLOCK TITLE	UNIT TITLE
Block 1	Introduction to First Aid	Unit 1: First aid and Role of First Aid Provider Unit 2 : Understanding Human Body Unit 3 : Safe Practices in First Aid
Block 2	Responding to Emergencies	Unit 1: Recognizing Emergencies Unit 2: Transportation Unit 3: Cardio Pulmonary Resuscitation and Auto mated external Defibrillator

THEORY COURSE : COURSE CODE : BNS040 AND COURSE TITLE: BASICS OF FIRST AID = 6 CREDITS		
Block 3	First Aid in Accidents and Injuries	Unit 1: Wounds and Bleeding Unit 2: Head and Spinal Injuries Unit 3: Injuries to Tissues, Bones and Joints Unit 4 : Burns Unit 5: Foreign Bodies
Block 4	First Aid in Common and Environmental Emergencies	Unit 1: Common Emergencies Unit 2: Extreme Heat and Cold Conditions Unit 3: Bites and Stings Unit 4: Altitude Illness Unit 5: Allergies and Shock
PRACTICAL COURSE: COURSE CODE : BNSL040 and COURSE TITLE: SKILLS IN FIRST AID = 10 CREDITS		
BLOCKS	BLOCK TITLE	UNIT TITLE
Block 1	Practical Manual –I	Unit 1: Observation and Assessment of the scene and the victim Unit 2: Checking Temperature, Pulse and Respiration Unit 3: Bandaging/Splints /Slings/ Binder Unit 4: Methods of moving and transporting the victim Unit 5: Use and Maintenance of First Aid Box Unit 6: First Aid with Improvisation (Scenario Based) Unit 7: CPR and Recovery Position Unit 8: Use of Automated External Defibrillator (AED) Unit 9: Practicing Universal Precautions Unit 10: Control of Bleeding Unit 11: Wound care and Dressing
Block 2	Practical Manual –II	Unit 1: Managing Injury (Head and Spinal) Unit 2: Managing Injury (Tissues, Bones and Joints) Unit 3: Management of Burns Unit 4: Management of Foreign bodies Unit 5: Management of Fits and Fainting Unit 6: Management of Chest Pain Unit 7: Management of Asthma Unit 8: Management of High and Low Blood Sugar Unit 9: Management of Drowning and Poisoning Unit 10: Management of Extreme Heat and cold condition Unit 11: Management of Bites and Stings Unit 12: Management of Altitude Illness Unit 13: Management of Allergy and Shock
Block 3	Logbook	

FOR FURTHER QUERIES CONTACT

Programme Co-coordinator

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