

CFAID

The broad objectives of this programme are to:

1. To develop knowledge and skills about first aid;
2. To enable the learners to recognize the symptoms/conditions which require first aid;
3. To develop the ability of dealing with emergency situations; and
4. To enable the learners to provide first aid in various situations and settings.

BNS 040 Basics of First Aid

1. To define first aid and first Aid provider;
2. To discuss the use and contents of first aid box
3. To explain the structure of Human Body;
4. To describe the safe practices to be kept in mind while giving first aid;
5. To enumerate the steps to be taken while responding to emergencies;
6. To enlist the methods to move, lift and transport a victim;
7. To describe the steps of Cardio pulmonary resuscitation and Automated External Defibrillator;
8. To recognize the emergency situation like accidents, injuries, common and environmental emergencies
9. To implement first aid in various emergency situations.

Assessment
1 assignment and 1 term
end examination

BNSL040 Skills of First Aid

1. To observe and assess the emergency
2. To demonstrate skills for checking temperature, pulse and respiration
3. To perform bandaging and splinting and apply slings and binders
4. To use first aid box effectively and improvise as per requirement
5. To provide CPR and Operate Automated External Defibrillator;
6. To implement skills in moving, lifting and transporting a victim;
7. To utilize Safe practices and Universal Precautions;
8. To identify variety of emergency situations like wounds, burns, bleeding, injury, foreign bodies, chest pain, high and low blood sugar, fits and fainting, asthma, and so on;
9. To recognize drowning, poisoning, extreme heat and cold conditions, bites, stings, altitude illness, allergy and shock;
10. To provide first aid in variety of emergency situations

Assessment
Self activities and supervised
activities) and Final practical
examination