

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