Stay Informed, Stay Safe.

To know and understand the elements of the chain of survival. To know and understand the elements of a proper resuscitation. To know and understand what and how is a correct immobilization and a properly conducted dressing. To know and understand the primary and secondary stages of evaluation of a traumatized patient.

Target Group
All level of employees who have never followed a first aid course, or want to refresh their knowledge

Duration
- 2.5 days (20 hours) - one hour training session it’s equal with 45 minutes

Content
- General presentation of the course; Initial evaluation
- Chain of survival - Microsoft PowerPoint slideshow presentation
- Concepts - Respiratory and Cardiovascular system Anatomy
- Basic cardiopulmonary resuscitation
- Resuscitation performed by one rescuer
- Resuscitation performed by two rescuers
- Presentation that uses slideshows with the European Resuscitation Council’s protocols
- Exercises on dummies
- Practical Skills and technique
- The obstruction of the upper airways
- Desobstruction possibilities - Heimlich maneuver in standing and laid position. Ventilation with the face mask and manual resuscitator. Upper airways suctioning
- Slideshow presentation of the European Resuscitation Council’s protocols. Presentation will be followed by practical skills performed by the instructors and students
- Practical skills
- Desobstruction of the upper airways
- Basic cardiopulmonary resuscitation

Second day
- The basic principles of defibrillation
- The importance of early defibrillation
- Types of defibrillators
- Handling instructions of a defibrillator
- Automated external defibrillator
- Usage and handling instructions of an automated defibrillator
- Practical skills external automated defibrillator performed by instructors on an Advanced Life Support manikin
- Automated defibrillation – practical skills performed by the students with the help of the instructors
- Concepts
- Anatomy of bones, Anatomy of muscular system
- Trauma – specific aspects
- Primary and secondary survey of a trauma patient
- Securing the cervical spine with a cervical collar
- Mobilizing a trauma patient with the scoop stretcher and spine board
- Carrying a trauma patient on stretchers
- Fractures and their immobilization
- Hemorrhages’ and haemostasis
- Practical skills - 3 groups of 5 students each
- Primary and secondary survey of a trauma patient
- Haemostasis methods
- Securing the cervical spine with cervical collar. Immobilizing the limb fractures with vacuum splints, inflatable splints
- Mobilizing a trauma patient with the scoop stretcher and spine board
- Final written evaluation
- Final practical evaluation

Methods
- Theory: Exposure explanation, conversation, demonstration
- Practical: exercises, simulation, role-play, tests, etc

Competences acquired
The students will acquire knowledge:
- how to make and apply the elements of the chain of survival
- how to conduct a proper resuscitation
- how to conduct a proper restraint
- how to apply correctly a bandage
- how to conduct primary and secondary stages of evaluation of a traumatized patient

 Trainer
has high specialization and rich experience in both Adult Training and theoretical and practical activity in the field of Health and Safety – First Aid

Date / City
N/A

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