

1. Introduction to First Aid

- Definition and importance of first aid
- Principles and objectives of first aid
- Role of a nurse in first aid situations
- Legal and ethical aspects of first aid

2. Assessment of an Emergency Situation

- Initial assessment of the patient (ABCDE approach: Airway, Breathing, Circulation, Disability, Exposure)
- Identifying life-threatening conditions
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Emergency response and management

3. First Aid for Common Injuries and Accidents

- **Wounds and Bleeding:** Types of wounds, control of bleeding, dressing and bandaging
- **Burns:** Classification of burns, first aid for burns, preventing infection
- **Fractures:** Types of fractures, splinting, and immobilization
- **Sprains and Strains:** Management and care

4. First Aid for Medical Emergencies

- **Shock:** Definition, types of shock, signs and symptoms, management
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Cardiac Arrest: CPR (Cardiopulmonary Resuscitation) techniques, use of AED (Automated External Defibrillator)

- **Respiratory Emergencies:** Choking, obstructed airways, rescue breathing
- **Seizures:** Types, causes, and first aid for seizures
- **Poisoning:** Types of poisoning (ingestion, inhalation, skin contact), management steps

5. First Aid for Environmental Emergencies

- **Heat Exhaustion and Heat Stroke:** Symptoms, prevention, and treatment
- **Hypothermia:** Causes, symptoms, and treatment
- **Drowning:** Prevention and first aid for drowning incidents

6. First Aid for Specific Conditions

- **Asthma Attack:** Symptoms, management, and relief measures
- **Diabetic Emergency:** Hypoglycemia and hyperglycemia, first aid responses
- **Epilepsy:** First aid for an epileptic seizure
- **Stroke:** Recognizing symptoms (FAST), initial care

7. Safety and Accident Prevention

- Accident prevention in the healthcare setting
- Safe handling of medical equipment
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Personal protective equipment (PPE)