

FIRSTRAC - Training Material Content ©

Non-General Safety Regulation 3 Basic Life Support And First Aid Procedures [Non-Credit Bearing]

PART 01 - Overview

- ★ Facilitator Notes and Tips
- ★ Introduction
- ★ Course Content of the GSR 3 First Aid Level One Training Course
- ★ Course Content Comparison
- ★ Getting Started

PART 02 - Legal Overview

- ★ Introduction
- ★ Competent First Aider/S on Duty
- ★ Specialized Training for First Aider
- ★ First Aid Equipment - Basic
- ★ First Aid Box Minimum Content
- ★ Personal First Aid Box
- ★ Improvised First Aid Equipment
- ★ Improvised First Aid Items
- ★ First Aid Facilities - Additional
- ★ First Aid Facilities - Notices, Signs & Name of First Aider
- ★ Employee to Report Incidents to the Employer
- ★ Employer to Report Incidents to the Dept of Labour
- ★ Not Disturbing the Incident Scene
- ★ Employer to Record and Investigate Incidents

PART 03 - Medico-Ethical Considerations

- ★ Medico-Ethical Considerations
- ★ Medico-Ethical Duty to Act
- ★ Medico-Ethical - the Law of Consent

PART 04 - Health & Safety - Prevention and Protection

- ★ Introduction
- ★ Section 8 Assessed Risk-Profile [Inclusion/Exclusion]
- ★ Reasons Injuries Occur
- ★ Safety - Dangers, Hazards & Risks
- ★ Safety - Causes of Injuries and Deaths
- ★ Occupational Health - Common Dangers, Hazards & Risks
- ★ Health - Causes of Diseases and Deaths
- ★ Protecting the First Aider from Injury and

- Diseases
- ★ First Aider or Rescuer?
- ★ First Aider and HIV & Aids
- ★ SDS [Safety Data Sheets & Labels]

PART 05 - Scene Management / Situation Assessment

- ★ Incident/Emergency Scene Management
- ★ Primary Survey - Assessing the Incident Scenario
- ★ Secondary Survey - Assessing the Patient
- ★ Secondary Survey - Assessing the Responsive Patient
- ★ Engage the Patient
- ★ Secondary Survey - Assessing the Unresponsive Patient
- ★ Check for Medic Alert Bracelet
- ★ Triage
- ★ Call for Assistance

PART 06 - Elementary Anatomy and Physiology

- ★ Introduction
- ★ Arrangement of the Human Body
- ★ Internal Cavities
- ★ Tissue
- ★ Organs
- ★ Human Body Systems
- ★ Cardiovascular System
- ★ The Heart
- ★ The Heart - Chambers, Valves, Arteries, Veins and Capillaries
- ★ Blood
- ★ Blood Flow
- ★ Pulse
- ★ The Respiratory System
- ★ Musculoskeletal System
- ★ Skeletal Framework
- ★ Bones
- ★ Joints
- ★ Muscular System
- ★ Nervous System
- ★ Spinal Cord
- ★ Sensory Organs
- ★ Integumentary System [Skin]
- ★ Body Temperature
- ★ Digestive System
- ★ Reasons to Stay Healthy and Injury Free
- ★ Conclusion

PART 07 - Cardio Pulmonary Resuscitation [CPR]

- ★ Cardio Pulmonary Resuscitation
- ★ The C-A-B CPR Method
- ★ CPR On an Adult - One Rescuer
- ★ How



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to Do CPR On an Adult? - Two Rescuers ★ CPR Child & Infant- One Rescuer

PART 08 - Artificial Respiration [AR]

★ Airway ★ AR - Respiration/ Breathing ★ Reasons Patients Stop Breathing ★ The Head-Tilt/Chin-Lift Maneuver ★ AR On an Adult ★ AR On A Child/Infant ★ Recovery Position ★ Choking - Identification and Treatment ★ Choking - Causes of Obstructions ★ The Abdominal Thrust ★ Choking - Unresponsive Adult ★ Choking - Unresponsive Child or Infant ★ Drowning ★ 3 Types of Drowning ★ Near Drowning - Once Out of the Water ★ Dry Drowning

PART 09 - Scenario - Shock & Fainting

★ Shock - Types ★ Shock - First Aid ★ Fainting & Unresponsiveness ★ Fainting & Unresponsiveness - Treatment

PART 10 - Scenario - Wounds & Bleeding

★ Wounds - External ★ Wounds - Major External ★ Wounds - Minor External ★ Wounds - Internal ★ Wounds - Internal - Treatment ★ Bleeding - Nose ★ Impaled Object ★ Amputation

PART 11 - Scenario - Other Injuries

★ Injury to the Eye/S ★ Injury to the Eye/S - Caution ★ Injury to the Eye/S - Treatment ★ Injury to the Eye/S - Chemicals ★ Burns ★ Burns - Degrees of Burns ★ Burns - First Aid ★ Burns - Chemical ★ Burns - Liquid Chemicals ★ Burns - Dry Chemicals

★ Electrocutation ★ Electrocutation - Consequences ★ Electrocutation - Isolation ★ Electrocutation - First Aid ★ Heat Related Illness ★ Hyperthermia - Signs & Symptoms ★ Hyperthermia - Heat Exhaustion ★ Hyperthermia - First Aid ★ Hyperthermia - Heat Stroke - First Aid ★ Hypothermia - First Aid ★ Smoke, Chemicals and Poisons ★ Smoke, Chemicals and Poisons - Inhalation ★ Inhalation - First Aid ★ Smoke, Chemicals and Poisons - Ingestion ★ Ingestion - First Aid ★ Bites and Stings ★ Snake Bite - First Aid ★ Dog Bite ★ Dog Bite - First Aid ★ Spider Bites ★ Spider Bites - First Aid ★ Bee Stings - Signs & Symptoms ★ Bee Stings - First Aid ★ Blue Bottles Stings - First Aid ★ Scorpion Stings - First Aid

PART 12 - Scenario - Fractures ★ Fractures - Types

★ Fractures - Signs & Symptoms ★ Fractures - First Aid ★ Fractures - First Aid - Do Not ★ Splinting A Broken Forearm ★ The Arm Sling ★ The Elevated Arm Sling ★ Strains, Sprains & Dislocations ★ Sprains & Strains - First Aid ★ Dislocation ★ Dislocation - First Aid

PART 13 - Scenario - Head, Neck and Spine

★ Injury to the Head ★ Injury to the Head - Signs & Symptoms ★ Injury to the Head - Lacerations to the Scalp ★ Injury to the Head - Laceration Treatment ★ Injury to the Head - Skull Fractures ★ Injury to the Head - Concussion ★ Injury to the Head - Concussion Signs & Symptoms ★ Injury to the Head



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- Concussion First Aid ★ Injury to the Neck and Spine ★ Injury to Neck and Spine - Extreme Warning ★ Injury to Neck and Spine - Causes ★ Injury to Neck and Spine - Signs & Symptoms ★ Injury to Neck and Spine - Jaw Thrust to Open the Airway ★ Injury to Neck and Spine - First Aid ★ Injury to Neck and Spine - Repositioning Reasons ★ Injury to Neck and Spine - Emergency Logroll ★ Injury to Neck and Spine - Position the Team ★ Injury to Neck and Spine - Instructions ★ Injury to Neck and Spine - Performing CPR

PART 14 - Scenario - Lifestyle Diseases

★ Heart Disease ★ Heart Disease - Risk Factors ★ Heart Disease - What Is A Heart Attack? ★ Heart Disease - What Is Cardiac Arrest? ★ Heart Attack - Signs & Symptoms ★ Heart Attack - First Aid ★ Heart Disease - Angina ★ Heart Disease - Angina - First Aid ★ Heart Disease - Stroke ★ Heart Disease - Stroke Signs & Symptoms ★ Heart Disease - Stroke First Aid ★ Diabetes ★ Diabetes - How Insulin Works ★ Diabetes - Types ★ Diabetes - Signs & Symptoms ★ Diabetes - Conscious Patient - First Aid ★ Asthma ★ Asthma - First Aid ★ Epilepsy and Seizures ★ Epilepsy and Seizures - Signs & Symptoms ★ Epilepsy and Seizures - First Aid ★ Epilepsy and Seizures - Fever Fits in Children ★ Epilepsy and Seizures - First Aid

PART 15 - Assessments ★ Practical/Oral

Assessments ★ Pre-Assessment ★ Scenario - Heart

Attack ★ Scenario - Wounds and Bleeding

★ Scenario - Fractures ★ Scenario - Burns

★ Scenario - Epilepsy & Fits ★ Multiple Choice Test

PART 16 - Conclusion

★ Feedback Questionnaire ★ Health and Safety Awareness Programme ★ Action Plan ★ Prepare the Certificates ★ Prepare for the Next Course ★ Recommendations & Comments ★ Terms, Definitions and References ★



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