

## Emergency Management Training Course Outline

### BASIC FIRST AID

The **Basic First Aid** Course is designed to inform and educate the public regarding the Basics of First Aid, being it at the office, at home or outdoors. This course is highly recommended to companies and is only a one (1) day course. Although this course is not accredited as an official First Aid course in Namibia, it still serves the purpose of providing basic First Aid training to those who do not have the time to do a three (3) day course. Candidates who successfully complete the course receive a certificate valid for two (2) years. Please note that this course is aimed at introducing the essentials of First Aid.

*Our **Basic First Aid** course covers the following topics for Practical application in use with Adults:*

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| <ul style="list-style-type: none"> <li>• <b>Principles of the First Aid</b> <ul style="list-style-type: none"> <li>○ Responsibilities of the First Aider</li> <li>○ First Aid Boxes and Emergency Numbers</li> <li>○ Evacuation and Transport Methods</li> </ul> </li> <li>• <b>Cardiopulmonary Resuscitation (CPR)</b></li> <li>• <b>Medical Emergencies</b> <ul style="list-style-type: none"> <li>○ Breathing difficulties (including Asthma and Choking)</li> <li>○ Allergic Reaction and using an Epinephrine Pen</li> <li>○ Heart Attack</li> <li>○ Fainting</li> <li>○ Diabetes (low blood sugar)</li> <li>○ Stroke</li> <li>○ Seizures</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>Shock</b></li> <li>• <b>Trauma Emergencies</b> <ul style="list-style-type: none"> <li>○ Wounds &amp; Bleeding</li> <li>○ Head, Neck and Face Injuries</li> <li>○ Musculoskeletal Injuries and Fractures</li> <li>○ Burn Wounds</li> </ul> </li> <li>• <b>Environmental Emergencies</b> <ul style="list-style-type: none"> <li>○ Bites and Stings</li> <li>○ Heat and Cold Related Injuries</li> <li>○ Poisons</li> </ul> </li> <li>• <b>Covid-19</b> <ul style="list-style-type: none"> <li>○ Hygiene at workplace / home</li> <li>○ Signs and Symptoms</li> <li>○ WHO Guidelines</li> </ul> </li> </ul> |
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Certification:	Basic First Aid certificate (Valid for three (2) years) (approved by Ministry of Labour)
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Test (Multiple-choice):	70% - <i>Student results will be calculated on both the theoretical and practical components of the course</i>
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Duration	CPR & Choking	AED Module	First Aid Module	BVM Module	Textbook - Page	Skills Test	Written Test	CPD Points	Certificate Valid
<b>1 DAY</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>29</b>	<b>YES</b>	<b>YES</b>	<b>NO</b>	<b>2 YEARS</b>

