

The St. John Ambulance Association & Brigade in Sri Lanka



St John
Sri Lanka

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இலங்கை புனித ஜேன் அம்பியுலன்ஸ் சேவை

NATIONAL HEADQUARTERS – SRI LANKA

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FIRST AID TRAINING PROGRAMME

SYLLABUS – Standard Program Training program duration : 02 DAYS

- 1. Definition & importance of Pre hospital care (First aid)-** mainly to emphasize why people should know first aid & how life can be saved & minimize the secondary damages by providing proper prehospital care especially in a remote area where there is no proper transport facilities
- 2. Patient care at an emergency (Disaster) -** mainly to make them understand how to handle casualties in an emergency situation where there are multiple casualties involved. How to select patients who needs urgent attention.
- 3. Basic requirements at an Emergency - ABC –** this is to show them that life depend on ABC & first aid begins with ABC.
- 4. Breathing and Circulation (B , C)**
 - 1) Normal range
 - 2) How to check for breathing
 - 3) Symptoms and Signs of asphyxia

How to identify abnormal situations related to breathing & circulation , what actions should be taken if an abnormality is detected.
- 5. Bleeding (Basic Principles) –** common type of wounds & what changes takes place in side the body with severe bleeding. How to identify serious internal bleeding & what actions should be taken to minimize secondary damages.
 - 1) Classification
 - 2) Effects of severe bleeding - shock
 - 3) How to control bleeding
 - 4) First aid for shock
- 6. Emergency Resuscitation (Basic principles) Cardiopulmonary resuscitation**
 - 1) Artificial Ventilation
 - 2) Chest Compression

Introducing the way of giving basic life support for the children & adults separately.
- 7. PRACTICALS** 1. CPR 2. Back blows 3. Abdominal thrust
- 8. First aid for special illnesses -** introducing basic facts about the illnesses & discussion on how to minimize the secondary damages & providing basic prehospital care
 1. Heart attack
 2. Fainting
 3. Drowning
- 9. First aid for special situations – bleeding -** common causes of bleeding form these sites & the dangers involved. How bleeding should be controlled in each situation.
 1. Bleeding from Nose
 2. Bleeding from Scalp wounds
 3. Bleeding from Chest and Abdominal wounds

SYLLABUS –STANDARD PROGRAM – Details

10. PRACTICALS **1. Recovery Position**
2. Triangular Bandages 1) Arm sling 2) Elevation sling

11. Consciousness - defining what is consciousness & what are the dangers of unconsciousness. What actions should be taken when there is a patient with unconsciousness & how he should be transported to the hospital.

- 1) Definition 2) How to check for Consciousness
 3) Common First aid for unconsciousness

12. Special Situations

a. Epilepsy

b. Febrile Convulsions

c. Electrocution

d. Poisoning -Basic facts about the poisoning & what actions should be taken . How to deal with legal issues & social issues.

e. Burns –Common types of burns & classification of burns . What are the effects of burns & proper way of handling burned patient.

f. Snake bite -Introducing the type of common snakes & how snake venom acts on the body. Steps that should be taken after a snake bite & how the patient should be taken to the hospital. What kind of wrong practices are there in our society & explaining them correct practices.

g. Dog bite - explaining how dog bite can produce serious effects & why Rabies is so dangerous.

13. Fractures – introducing the basic facts about fractures & how to & when to suspect fractures. Discussion on secondary effects of fractures & ill effects of wrong management in the field.

- 1) Definition 2) Symptoms & Signs
 3) Common First aid management of fractures

14. Immobilization of Fractures

- 1) Neck 2) Upper limb 3) Lower limb 4) Spinal injuries

15. PRACTICALS - Handling & transporting casualties

16. For Factories

- i. Amputation Injury / Prick Injury ii. Gas inhalation
 iii. Infection Control Measures

Authorized by:

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Director Training

St John Ambulance, Sri Lanka.

Valid from 01.01.2023 up to 31.12.2023