

The St. John Ambulance Association & Brigade in Sri Lanka



St John
Sri Lanka

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இலங்கை புனித ஜோன் அம்பியுலன்ஸ் சேவை
ST JOHN AMBULANCE BRIGADE – SRI LANKA

CHAIRMAN:

MR. SHAKYA NANAYAKKARA

VICE CHAIRMAN : LT.COL. PROF.W. LIYANAGE

CHIEF COMMANDER:

MR. PRASANTHA LAL DE ALWIS - PC

COMMISSIONER : DR. J.M. NILAM

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ADVANCED FIRST AID TRAINING - Level 01

Eligibility :

1. Age more than 18 years
2. Holding a valid standard first aid certificate issued by ST JOHN SRI LANKA.
3. Need to undergo one day Refresher course if FA certificate is > 01 year.

Duration :

Course 03 days – 18 hours Theory & Practical Sessions

Examination 01 day – 04 hours

Medium

Sinhala or English

Tamil programs will commence in near future.

No of Participants:

Minimum 10 Maximum 24

Venue:

Lecture hall, National Headquarters, Colombo 02. St John Sri Lanka.

Certificates:

Internationally valid certificate will be issued to successfully completed candidates. Need to get pass marks (> 50%) at the examination.

Certificate is valid only for 02 years.

Course Fee: Contact after 01.05.2023

Examination Fee : Contact after 01.05.2023

Final document will be published on 01.05.2023

Expected date of commencement: from 15.06.2023

Advanced First aid – Level 01 syllabus

1. Basic science behind common emergency situations & how to minimize further damage
 1. Asphyxia & effects
 2. Cardiac arrest – common causes & outcomes
 3. Unconsciousness – causes & effects
 4. Shock – common causes & effects
 5. Fractures – causes & effects
 6. Brain & Spine damage - causes & effects (Theory)
2. Safety & care of first aider & team
3. Basics & care of Foreign bodies – inhaled, ingested & impacted.
4. Basics & care of major amputations , Impalement & Crush Injury.
5. Severe internal & external bleeding & using Tourniquet
6. Basic principles of wound care
7. Caring for major burns including chemical burns.
8. First aid for poisoning
9. Caring for dead at an emergency.
10. Mass casualty incident management - MCI (small scale MCI)
11. Using equipment's in an emergency care

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| 1. CPR with AMBU bag | 2. AED |
| 3. Basic Oxygen therapy | 4. Nebulization & using inhalers |
| 5. Using inflatable splints | 6. Using portable pulseoxymeter |
| 7. Using Glucometer | |
12. Using mobilizing equipment's – Stretchers

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| 1. Folding stretcher | 2. Scoop | 3. Spinal board | 4. Wheel chair |
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13. Moving a casualty with spinal injuries.
14. Refresher training on basic first aid practical's

CPR, Chocking – back blows, abdominal thrust,
Triangular Bandages, Recovery position