



First Aid and Emergency Response Training Program

Week 1: Assessment and Cardiopulmonary Resuscitation (CPR)

- **Day 1: Principles of First Aid and Initial Assessment** First responder duties, scene safety and size-up, assessing levels of consciousness, and emergency medical services (EMS) activation.
- **Day 2: Adult Cardiopulmonary Resuscitation (CPR)** Hands-on practical training on chest compressions and rescue breathing (ventilation).
- **Day 3: Pediatric and Infant CPR** Key physiological differences and specialized resuscitation techniques for children and infants.
- **Day 4: Automated External Defibrillator (AED) and Airway Obstruction** Operating AED devices and protocols for managing foreign body airway obstructions (choking).

Week 2: Trauma, Hemorrhage, and Medical Emergencies

- **Day 5: Hemorrhage Control and Wound Management** Types of bleeding, applying direct pressure, and the clinical application of tourniquets in life-threatening scenarios.
- **Day 6: Musculoskeletal and Joint Injuries** Management of fractures, dislocations, and sprains, including temporary immobilization and splinting techniques.
- **Day 7: Burns and Toxicology** Classification of burn degrees, cooling protocols, and emergency response for chemical and food-based poisoning.
- **Day 8: Acute Medical Conditions** Clinical response to myocardial infarction (heart attack), stroke, acute asthma exacerbations, diabetic emergencies (hypo/hyperglycemia), and seizures.
- **Day 9: Simulation and Final Proficiency Assessment** Comprehensive multi-trauma clinical simulations, followed by theoretical and practical skills evaluation.