**First aid Course Details**

**Certificate course Provider: St. Johns Ambulance (India) NHQ, New Delhi/ Indian Red Cross Society.**

**Summary**

Knowledge and hands on training in First aid is essentially required to save human life from traffic accidents , natural& man made calamities, cerebral or cardio vascular accidents and in all disaster management activities. It may be recalled that modern labour laws insist on the presence of one certified first aider among five employees. It is the same parameter for multiple areas or floors of the work place. As per the Direction of Kerala government order no.13108/D2/2012/labour and labour commissioner letter no. W(3)22329/2013 employees coming under shops and commercial establishment act 1960 ,Factories and boilers act are required to undergo First aid training through Red Cross with the help of their respective employer.

**Introduction of Indian Red Cross Society/ St. Johns Ambulance India**

### Both Organizations are humanitarian voluntary organizations spread across the world. It is providing relief in times of disaster, emergencies and promote health care for the vulnerable population. Both Indian Red Cross Society (IRCS) and St. Johns Ambulance are established under the Indian Red Cross Society Act and incorporated under [Parliament Act XV of 1920](http://www.indianredcross.org/ACT_%20XV_of_1920.pdf). Honourable President of India is the President and Hon'ble Union Health Minister is the Chairman of the Society at National level. Hon’ble Governor is the president of IRCS, Kerala state branch and District Collector is the presidentof Kottayam district branch. Key Activities also includes First Aid, Home Nursing and allied training, First Aid posts to provide First Aid services in large public congregations, Provide ambulance services to transport casualties to hospitals.

### Course Duration& Eligibility

### The courses are open to all employees and the training would enable successful candidates to qualify for the award of St. John Ambulance Certification, course duration is 3 days (24 hours), course covers theoretical as well practical sessions with hands on training.

### Batch Size

### 20-25 participants per batch

### Training Faculty

### MBBS Doctor / Certified trainer with B. Sc Nursing Degree.

### Syllabus

1. Principles of First-Aid

2. Description of the structure and functions of the body

3. Practical- The triangular bandages and its application to the head, chest, back, shoulder, elbow, hand, hip, knee and foot. Arm Slings

4. Varieties, signs and symptoms

5. Treatment of fractures-general rules

6. Individual fractures- The skull, lower jaw, spine, ribs, breast bone, collar bone, shoulder blades, forearm, hand, pelvis, thigh ,knee cap, leg and foot

7. Dislocations, sprains, strains-signs, symptoms and treatment

8. Practical- Treatment of fractures and strains, Application of splints

9. General description of the heart and blood vessels

10. Circulation of the blood

11. Wounds and Haemorrhage

12. Wounds accompanied by Arterial Haemorrhage

13. The situation of the main arteries- pressure points

14. Wounds accompanied by capillary or venous haemorrhage- varicose veins

15. Haemorrhage from special regions- bruises

16. Practical- Compression of arteries

17. Injuries to internal organs- Haemorrhage

18. Burns, scalds, stings, bites of snakes and rapid animals, frostbite

19. Foreign bodies in eye, ear and nose

20. Treatment of fractures and haemorrhage

21. Respiration- natural and artificial

22. Asphyxia

23. The nervous system

24. Insensibility

25. Practical- Artificial Respiration

**Course Venue**

### Red Cross tower, Nagambadom, Kottayam

### If any organization having a batch of 25 employees at a time for training, Red Cross trainers can conduct onsite training provided the organization have a large hall to accommodate all participants. On the other hand if the employer wants to get training in small batches, the employees can be send to Red Cross Tower Kottayam according to the training schedule of Red Cross.

### Certificates

### Certificates are issued after successful completion of the training, Photo certificate is issued from Delhi NHQ within one month after completion, Certificate is approved and recognised nationally and internationally and it will be valid for 3 Years, as per the course policy, candidates has to be retrained after 3 year completion to enter into next level.

### Course Fees

### Rs.2500/ which covers tuition fees, Training materials and Certificate.

### Enquiries &Contact

### Indian Red Cross Society, Kottayam District Branch

### Red Cross Tower, Nagambadom, Kottayam

### Web site: [www.redcrosskottayam.org](http://www.redcrosskottayam.org)

### Email: [redcrosskottayam@gmail.com](mailto:redcrosskottayam@gmail.com)

### Phone: 9847203913, 8129953913

### Let us safeguard the workspaces of Kottayam, equip our people with lifesaving skill and save human life from any untoward life threatening situation.