



Training & Financial Proposal

Basic First Aid for Adults

One Day Training Program

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Introduction

First Aid to Save a Life (FATSAL) is the leading training and consultancy company in the field of **first aid and emergency management solutions** in Pakistan. **FATSAL is pioneer** in introducing **Accredited First Aid, CPR, AED** and other specialized trainings in Pakistan. FATSAL is **accredited by MEDIC First Aid International** (since 2011) and **American Safety and Health Institute** (since 2007) of USA.

Training Centre ID: 153319

Training Centre Name: First Aid to Save a Life

FATSAL is a team of occupational safety professionals, EMTs and qualified MBBS practitioners who provide training services to a wide client base, both, in private and public sectors, locally and internationally. We offer variety of services including **bespoke & on-site training solutions** and **conduct mock medical emergency drills** to highlight gaps for better prepared emergency response plans. Our program provides more details, depth, and exposure to standard first aid training topics to provide richer and more advanced training in first aid. It **meets workplace first aid training requirements** and satisfies the desire to learn more than just basic first aid.

We have knowledge, skills, experience, tools, proven history and confidence to deliver what you expect. A combined years of diversified in-field experience and globally trusted study material in compliance to most stringent guidelines (like ILCOR, **American Heart Association (AHA)**, **American Red Cross (ARC)**, IFRC, ERC and other renowned organizations and other industry standards will provide you what you expect; **a value on investments** by offering **trained people who can offer immediate care to ill and injured to save lives.**

Our training materials are easy-to-understand, innovative, and customer-focused. These educational, engaging, and empowering courses incorporate an instructional design and format that meets requirements.

Our range of first aid courses:

1-Day Basic First Aid for Adults

2-Days First Aid for Adults

3-Days Occupational First Aid

CPR & AED for Adults

Bleeding Control course

1-Day Basic First Aid for Children and Infants

2-Days First Aid for All

4-Days Medical Emergency Response Team

CPR and AED for All

Basic Life Support

WHY FATSAL?

If you compare our training programs with other providers, you may notice the following:

Compliance: We offer local and international certification courses. Certification by MEDIC First Aid and ASHI are **accepted worldwide**. FATSAL certification courses are accepted nationwide.

Participant's engagement: Participants find our trainings engaging. The continuous attention and interest is generated by encouraging lively hands-on participation, providing mental challenges and varied delivery formats all leading to a stream of insights on the topic.

Adaption: We ensure that we match the depth of the material to the current level of the participants and proceed at a pace that is moderately challenging.

Exercises: While we keep knowledge, skills and attitude in close balance, we focus more on skill development through hands-on learning exercises.

Flexible scheduling: We are proud to serve our clients where they **work and live**. We also offer **flexible scheduling** to work with your hours of operation like we are available 24/7.

Simplicity: no matter how complex the material, we deliver it with simple structure that is easy to absorb.

Experience: We draw out the personal experiences of participants to keep their emotional engagement high. Participants will find the personal experiences of others fascinating and insightful.

Environment: Low stress training with positive coaching based on adult learning.

Training aids: The best and the latest training aids available in the market are provided to course participants to help them better understand and practice the life saving skills.

Research: Share most authenticated research based results from local and global governments, industries, NGOs, etc to feed the desire and measure the gap.



Course Details:

Training title:	Basic First Aid for Adults
Duration:	1-Day (8 hours)
Certification Validity:	2-years
Certification Company:	First Aid to Save a Life
Course Book:	Course book is based on latest international first aid training guidelines.

Course Summary: This course is a combined **CPR, AED, and first aid** (for adults) training program designed specifically for general public. This extremely flexible program will give the vital knowledge and hands-on skills participants' need to respond to a life-threatening situation with confidence before the arrival of medical response team or ambulance/EMS.

This is a **competency based certification** (and not an awareness session) which requires practical skills assessment session to declare any participant eligible to hold the certificate. The skills assessment is based on observation of reasonable performance of core skills.

Skill Assessment Procedure: Below is the list of **core skills**:

- 1:- Demonstrate how to put on and remove gloves;
- 2:- Perform a head-tilt and chin-lift;
- 3:- Properly clear and protect the airway;
- 4:- Perform effective rescue ventilations;
- 5:- Perform effective chest compressions;
- 6:- Properly demonstrate initial patient assessment;
- 7:- Demonstrate how to effectively care for an unresponsive patient;
- 8:- CPR for Cardiac Arrest;
- 9:- Attend AED Operation demo;
- 10:- Know how to control bleeding and manage shock;
- 11:- Perform the steps to manage a foreign body airway obstruction; &
- 12:- Manually stabilize a swollen, painful, or deformed limb.

Re-training: CPR skills to be refresh annually for general public and biannually for others like ER team members, designated first aiders & nominated personnel.

Course Highlights:

01:- **Small Group Practices:** Following the real-time demonstration of life saving skills, participants are arranged in small groups assuming the roles of first aid provider, ill or injured person, and coach. This role-play help participants learn how to apply skills and make reasoned judgments and decisions in a realistic, simulated setting. The roles and situations are changed for self-discovery and naturally increase the number of repetitions, helping participants integrate knowledge, skill performance and confidence to deal with real life emergencies.

02:- **Course Book** is based on **2020 AHA and ARC Guidelines** Update for First Aid and CPR.

03:- A personal **wallet skill guide card** which can be used for quick reference/revision.

04:- Safe and effective first aid response techniques based on **current Guidelines** for **CPR and First Aid**.

05:- A proven “**seeing, hearing, doing, speaking, feeling**” approach to learning.

06:- **Low-stress** training with user-friendly materials and positive coaching.

07:- Significant classroom time for **hands-on practice**.

08:- Professional **CPR-AED training manikins** (with CPR monitor) for realistic CPR experiences and feedback.

09:- **AED training device** for hands-on learning session.

10:- **Choking vest (trainer)** to allow hands-on practice to clear airway obstructions.

11:- **Trauma first aid kit** for bleeding control, fracture and immobilization practices.

12:- **Burn first aid kit** for hands-on practice.

13:- **PPEs** donning and doffing practices.

14:- **Snakebite first aid kit** for demo.

15:- General first aid kit for use and miscellaneous practices.

16:- Manikins for **recovery position** practice.

Course Methodology:

Our First Aid programs put lifesaving skills in context with real-life scenarios students can relate to. Easy-to-understand programs make our classes the ones students remember. An emphasis on small-group practice sessions gives everyone in our classes a chance to hone their skills in a low-stress environment created specifically for the adult learner in mind.

Our program provides a consistent, video-mediated, instructor-facilitated approach to teaching and learning life saving knowledge and skills those are preferred by hundreds of private and public organizations.

FA+SAL First Aid to Save a Life Pakistan Scenario Based Evaluation

Name: _____

1:- Identify the Problem with victim:

2:- Physical Assessment:

3:- Symptoms:

4:- First Aid for the Patient:



Did the student perceive the situation correctly?

Yes No

Did the student recall the necessary actions?

Yes No

The Student named above has successfully completed this performance Evaluation.

Instructor Signature: _____

Date: _____

Scenario: You respond to a report of a coworker who has been injured by a fabrication machine. You grab your response kit and head towards the workshop floor. As you near her location, you can see she is responsive and other employees are with her. She is clutching a clearly bloody forearm, and you can see blood dripping on the floor.

Scenario: After plane departure several of you are returning when a cargo picker rushes out to meet the group. He tells you another member is serious ill and needs help.

Scenario: A coworker rushes to your desk to tell you someone (a foreign national) from boarding queue has just collapsed. You grab your response kit and respond. You see the other checker kneeling next to a man lying motionless on the floor. He was asking for help and indicating about some tattoo on his neck.

Real-Life Scenarios for Practice:

Fracture

Burns

Heart Attack

Exposure to Heat

Injuries to Muscle/Bones

Stroke

Diabetic Emergencies

Injuries to Soft Tissue

Bleeding

Course Content:

First Aid and Law

Employer and Employee's Responsibilities First Aid Treatment Requirements
Immunity to Volunteers / First Aiders

Role of the First Aid Care Provider

First Aid Care Provider Personal Safety
Recognizing an Emergency **Using Barriers**
Deciding to Help

Approaching the Patient

Assessing for Patient Response Activating Emergency Medical Services

Basic Life Support

Airway – Head-tilt, Chin-Lift Circulation – Chest Compressions
Clearing the Airway – Log Roll Initial Assessment
Protecting the Airway – Recovery
Position Unresponsive Patient
Breathing – Rescue Ventilations CPR for Cardiac Arrest
Adult Compression-Only CPR

AED Operation

Automated External Defibrillators Basic AED Operation

Control of Bleeding and Shock

Control of Bleeding Managing Shock

Choking / Airway Obstruction

Choking / Airway Obstruction

Caring for Illness

Warning Signs of Serious Illness

Pain, Severe Pressure or Discomfort in Chest

Altered Level of Responsiveness

Breathing Difficulty, Shortness of Breath

Caring for Injury

Mechanism for Significant Injury

Swollen, painful, Deformed Limb

Snakebite Injury

Cuts/Wounds/Amputation

Spinal Injury

Brain Injury

Head / Neck / Back Injury

Heat Exhaustion

Specific First Aid Problems

Burns

Stroke

Electrical Shock

Moving Patients

Diabetic Emergencies

Seizure

Drowning

Gun Shot Wounds

Note: We offer bespoke training solutions and can tailor the course content to meet any specific requirements.

