

FIRSTRAC Training Material Content

Basic Life Support Training as required by General Safety Regulation 3

Part 01 - Overview

Facilitator Notes and Tips ★ Transition Notes - from GSR 3 Level 1 Criteria to Unit Standard # 119567 ★ Introduction ★ Course Content of the GSR 3 First Aid Level One Training Course ★ Course Content Comparison ★ Getting Started

Part 02 - Legal Overview

★ Introduction ★ Competent First Aider/S on Duty ★ Specialized Training for First Aider ★ First Aid Equipment - Basic ★ First Aid Box Minimum Content ★ Personal First Aid Box ★ Improvised First Aid Equipment ★ Improvised First Aid Items ★ First Aid Facilities - Additional ★ First Aid Facilities - Notices, Signs & Name of First Aider ★ Employee to Report Incidents to the Employer ★ Employer to Report Incidents to the Dept of Labour ★ Not Disturbing the Incident Scene ★ Employer to Record and Investigate Incidents

Part 03 - Medico-Ethical Considerations

★ Medico-Ethical Considerations ★ Medico-Ethical Duty to Act ★ Medico-Ethical - the Law of Consent

Part 04 - Health & Safety - Prevention and Protection

★ Introduction ★ Section 8 Assessed Risk-Profile [Inclusion/Exclusion] ★ Reasons Injuries Occur ★ Safety - Dangers, Hazards & Risks ★ Safety - Causes of Injuries and Deaths ★ Occupational Health - Common Dangers, Hazards & Risks ★ Health - Causes of Diseases and Deaths ★ Protecting the First Aider from Injury and Diseases ★ First Aider or Rescuer? ★ First Aider and HIV & Aids ★ MSDS [Material Safety Data Sheets & Labels]

Part 05 - Scene Management / Situation Assessment

★ Incident/Emergency Scene Management ★ Primary Survey - Assessing the Incident Scenario ★ Secondary Survey - Assessing the Patient ★ Secondary Survey - Assessing the Responsive Patient ★ Engage the Patient

★ Secondary Survey - Assessing the Unresponsive Patient ★ Check for Medic Alert Bracelet ★ Triage ★ Call for Assistance

Part 06 - Elementary Anatomy and Physiology

★ Introduction ★ Arrangement of the Human Body ★ Internal Cavities ★ Tissue ★ Organs ★ Human Body Systems ★ Cardiovascular System ★ The Heart ★ The Heart - Chambers, Valves, Arteries, Veins and Capillaries ★ Blood ★ Blood Flow ★ Pulse ★ The Respiratory System ★ Musculoskeletal System ★ Skeletal Framework ★ Bones ★ Joints ★ Muscular System ★ Nervous System ★ Spinal Cord ★ Sensory Organs ★ Integumentary System [Skin] ★ Body Temperature ★ Digestive System ★ Reasons to Stay Healthy and Injury Free ★ Conclusion

Part 07 - Cardio Pulmonary Resuscitation [CPR]

★ Cardio Pulmonary Resuscitation ★ The C-A-B CPR Method ★ CPR On an Adult - One Rescuer ★ How to Do CPR On an Adult? - Two Rescuers ★ CPR Child & Infant - One Rescuer

Part 08 - Artificial Respiration [AR]

★ Airway ★ AR - Respiration/ Breathing ★ Reasons Patients Stop Breathing ★ The Head-Tilt/Chin-Lift Maneuver ★ AR On an Adult ★ AR On A Child/Infant ★ Recovery Position ★ Choking - Identification and Treatment ★ Choking - Causes of Obstructions ★ The Abdominal Thrust ★ Choking - Unresponsive Adult ★ Choking - Unresponsive Child or Infant ★ Drowning ★ 3 Types of Drowning ★ Near Drowning - Once Out of the Water ★ Dry Drowning

Part 09 - Scenario - Shock & Fainting

★ Shock - Types ★ Shock - First Aid ★ Fainting & Unresponsiveness ★ Fainting & Unresponsiveness - Treatment



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Part 10 - Scenario - Wounds & Bleeding

★ Wounds - External ★ Wounds - Major External ★ Wounds - Minor External ★ Wounds - Internal ★ Wounds - Internal - Treatment ★ Bleeding - Nose ★ Impaled Object ★ Amputation

Part 11 - Scenario - Other Injuries

★ Injury to the Eye/S ★ Injury to the Eye/S - Caution ★ Injury to the Eye/S - Treatment ★ Injury to the Eye/S - Chemicals ★ Burns ★ Burns - Degrees of Burns ★ Burns - First Aid ★ Burns - Chemical ★ Burns - Liquid Chemicals ★ Burns - Dry Chemicals ★ Electrocutation ★ Electrocutation - Consequences ★ Electrocutation - Isolation ★ Electrocutation - First Aid ★ Heat Related Illness ★ Hyperthermia - Signs & Symptoms ★ Hyperthermia - Heat Exhaustion ★ Hyperthermia - First Aid ★ Hyperthermia - Heat Stroke - First Aid ★ Hypothermia - First Aid ★ Smoke, Chemicals and Poisons ★ Smoke, Chemicals and Poisons - Inhalation ★ Inhalation - First Aid ★ Smoke, Chemicals and Poisons - Ingestion ★ Ingestion - First Aid ★ Bites and Stings ★ Snake Bite - First Aid ★ Dog Bite ★ Dog Bite - First Aid ★ Spider Bites ★ Spider Bites - First Aid ★ Bee Stings - Signs & Symptoms ★ Bee Stings - First Aid ★ Blue Bottles Stings - First Aid ★ Scorpion Stings - First Aid

Part 12 - Scenario - Fractures

★ Fractures - Types ★ Fractures - Signs & Symptoms ★ Fractures - First Aid ★ Fractures - First Aid - Do Not ★ Splinting A Broken Forearm ★ The Arm Sling ★ The Elevated Arm Sling ★ Strains, Sprains & Dislocations ★ Sprains & Strains - First Aid ★ Dislocation ★ Dislocation - First Aid

Part 13 - Scenario - Head, Neck and Spine

★ Injury to the Head ★ Injury to the Head - Signs & Symptoms ★ Injury to the Head - Lacerations to the Scalp ★ Injury to the Head - Laceration Treatment ★ Injury to the Head - Skull Fractures ★ Injury to the Head - Concussion ★ Injury to the Head - Concussion Signs &

Symptoms ★ Injury to the Head - Concussion First Aid ★ Injury to the Neck and Spine ★ Injury to Neck and Spine - Extreme Warning ★ Injury to Neck and Spine - Causes ★ Injury to Neck and Spine - Signs & Symptoms ★ Injury to Neck and Spine - Jaw Thrust to Open the Airway ★ Injury to Neck and Spine - First Aid ★ Injury to Neck and Spine - Repositioning Reasons ★ Injury to Neck and Spine - Emergency Logroll ★ Injury to Neck and Spine - Position the Team ★ Injury to Neck and Spine - Instructions ★ Injury to Neck and Spine - Performing CPR

Part 14 - Scenario - Lifestyle Diseases

★ Heart Disease ★ Heart Disease - Risk Factors ★ Heart Disease - What Is A Heart Attack? ★ Heart Disease - What Is Cardiac Arrest? ★ Heart Attack - Signs & Symptoms ★ Heart Attack - First Aid ★ Heart Disease - Angina ★ Heart Disease - Angina - First Aid ★ Heart Disease - Stroke ★ Heart Disease - Stroke Signs & Symptoms ★ Heart Disease - Stroke First Aid ★ Diabetes ★ Diabetes - How Insulin Works ★ Diabetes - Types ★ Diabetes - Signs & Symptoms ★ Diabetes - Conscious Patient - First Aid ★ Asthma ★ Asthma - First Aid ★ Epilepsy and Seizures ★ Epilepsy and Seizures - Signs & Symptoms ★ Epilepsy and Seizures - First Aid ★ Epilepsy and Seizures - Fever Fits in Children ★ Epilepsy and Seizures - First Aid

Part 15 - Assessments

★ Practical/Oral Assessments ★ Pre-Assessment ★ Scenario - Heart Attack ★ Scenario - Wounds and Bleeding ★ Scenario - Fractures ★ Scenario - Burns ★ Scenario - Epilepsy & Fits ★ Multiple Choice Test

Part 16 - Conclusion

★ Feedback Questionnaire ★ Health and Safety Awareness Programme ★ Action Plan ★ Prepare the Certificates ★ Prepare for the Next Course ★ Recommendations & Comments ★ Terms, Definitions and References ★



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