

Curriculum name	First aid refresher training course
Study form	Contact learning
Educational institution	Pro Edu-Cat OÜ
Curriculum volume	6 academic hours (3 hours of classroom theoretical study and 3 hours of practical exercises). 1 study day
Curriculum group	Occupational health and safety
The basis of curriculum development	Regulation No. 50 of the Ministry of Social Affairs of the Republic of Estonia
The date of approval of the version of the curriculum at the educational institution	September 2023
Language of study	Estonian / English
Trainers	Tormi Kool, RN (N15310), First Aid Instructor Certificate 1/964-22
Training premises and time	By agreement
Conditions for starting studies	Registration on the website www.edu-cat.ee , by phone +372 5678 9990 or via e-mail info@edu-cat.ee
Target group and learning objective	Persons responsible for first aid in the company, who must complete additional training after 3 years (prerequisite is that first aid training in the last 3 years has been completed in 16 hours or additional training in the amount of 6-8 hours). The purpose of the course is to provide learners with the basic knowledge to help victims in accidents and life-threatening medical conditions. Upon completion of the curriculum, learners will know first aid tactics, understand its necessity and act adequately in critical situations.
Learning outcomes	At the end of the training, the learner: <ul style="list-style-type: none"> • knows the main rules and principles of first aid • can apply first aid techniques and use resuscitation techniques • can analyze his/her own actions and give instructions to other first aiders • can stop bleeding and help a victim in shock • can help with poisoning, burns, heat and cold damage • knows how to use an AED device

	<ul style="list-style-type: none"> • can take into account the safety of himself and others when giving first aid
Learning content	<p>Topics covered at the training (short and concise overview):</p> <ol style="list-style-type: none"> 1. Self-safety in various accident situations. Organizing help 2. Primary and secondary examination of the victim. Emergency situations 3. Providing life-saving first aid for drowning, heart attack, stroke, electrical accidents. Using an AED device. 4. Treatment of the trauma patient. First aid for various traumas. Bleeding. Wounds. Fractures. 5. Emergency conditions such as epileptic seizure, diabetic coma, asthma attack, anaphylactic shock, fainting, poisoning, abdominal pain, shock - first aid for these. 6. Selection and use of first aid equipment at the workplace. Legislation 7. Practical training on resuscitation mannequins, different bandaging methods, recovery position.
Training aids	Educational materials by the trainer in paper or electronic form; mannequins; tools for practical exercises (triangular bandage, roller bandage, safety cutter, thermal blanket)
Learning methods	Auditory learning 6 academic hours: lecture, watching educational videos, discussion, practical exercises
Conditions for completing the curriculum and the document to be issued	The conditions for completing the training and receiving the corresponding certificate are full participation in the training days and passing a test. Those who have successfully completed the training will be issued a first aider certificate, valid for 3 years.