

Curriculum name	First aid basic training course
Study form	Contact learning
Educational institution	Pro Edu-Cat OÜ
Curriculum volume	16 academic hours (13 hours of classroom theoretical study and 3 hours of practical exercises). 2 study days
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	The target group of the training is people who are interested in first aid knowledge and skills, as well as persons appointed as responsible first aiders in the work team. 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 • has general knowledge of the possibilities of pre-medical assistance • can apply first aid techniques and use resuscitation techniques • can analyze his/her own actions and give instructions to other first aiders • recognizes the types of bleeding and knows how to use different measures to stop bleeding

	<ul style="list-style-type: none"> • is able to recognize poisoning and knows its most common causes and symptoms and ways to prevent it • can recognize and describe life-threatening sudden illnesses • knows how to use an AED device
Learning content	<p>Topics covered at the training:</p> <ol style="list-style-type: none"> 1. Introduction <ol style="list-style-type: none"> 1.1. The nature of first aid 1.2. Assessment of the accident situation, self-safety in various accident situations. Organizing help 1.3. Assessment of the victim's condition 1.4. First aid tactics 2. Resuscitation <ol style="list-style-type: none"> 2.1. CPR 2.2. CPR of a drowned person 2.3. Resuscitation for electrical accidents and heart attacks 2.4. First aid for brain damage 2.5. Removal of a foreign body from the Airways 2.6. Using an AED device 3. Bleeding and shock <ol style="list-style-type: none"> 3.1. Types of bleeding 3.2. Techniques to stop bleeding 3.3. The nature and characteristics of shock 4. Wounds <ol style="list-style-type: none"> 4.1. Types of wounds 4.2. Bandaging techniques 4.3. Using a triangular bandage 5. Trauma and fractures <ol style="list-style-type: none"> 5.1. Open and closed fractures 5.2. Risks associated with fractures 5.3. Joint injuries (sprains, dislocations, etc.) 5.4. Ways of splinting 6. Poisonings, burns, heat and cold injuries, emergency conditions (epileptic seizure, diabetic coma, anaphylactic shock, fainting, asthma attack, abdominal pain) 7. Selection and use of first aid equipment at the workplace. Legislation 8. Practical training on resuscitation mannequins, different bandaging methods, recovery position.
Training aids	<p>Educational materials by the trainer in paper or electronic form; mannequins; tools for practical exercises (triangular bandage, roller bandage, safety cutter, thermal blanket)</p>
Learning methods	<p>Auditory learning 16 academic hours: lecture, watching educational videos, discussion, practical exercises</p>

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.