***“Save a Life”***

*Certificate course on Basic Life Support Skills*

**Vision**

*“Taking the right action quickly and confidently makes the difference between life and death”*

**Programme specific outcome**

Basic Life Support is a life-saving technique, which is used for patients with life-threatening injuries or illness. It can be given until a patient receives full medical care at the hospital. This course on Basic Life Support teaches when and how BLS skills can be used, and the correct procedure to administer CPR to an adult or child, in an emergency situation. It also covers the steps to be followed when you see someone choking.

**Detailed Syllabus:**

* Duration of the course: 5 Hours

**Module I: Understanding First-Aid procedures  (0.5 Hrs)**

What is First Aid? Good Samaritan Law. Items you'll need in a medical kit. Personal Protective Equipment.

**Module II: Emergency situations and First Aids (2 Hrs)**

Wounds and treatment for each type: Open Chest Wounds, Punctured Wounds, Amputations, Cuts and Scrapes, Fractures, Sprains & Strains. Types of Burns. Poisoning. Hemorrhages & Hypoglycemia. Choking & Dehydration. Shocks, Seizures & Strokes

**Module II: Cardiopulmonary Resuscitation (CPR)  (0.5 Hrs)**

Understanding CPR. Automated External Defibrillator. How to do Hands-Only CPR

**Module VI: Practical (2 Hrs)**

How to do Hands-Only CPR. Artificial Respiration And CPR. Heimlich Maneuver. Dressing Open Wounds. Temporary Immobilization of Limb Fractures with Bandages and Splints.