

Course: First aid and 7 actions to safeguard people's lives.

The objective of this course is to provide the general population with the necessary tools that allow them to act appropriately when presenting an accident.

Using practical and expository techniques in learning for better understanding. There will be a theoretical section to comply with the course.

Techniques and basic life support and first aid will be applied to care for victims who require it, while professional help is received.

Course content:

1. The primary evolution, evaluation of the scene, state of consciousness and emergency medical service.
2. Basic Life Support: Conscious and unconscious airway obstruction and cardiorespiratory arrest in adults.
3. Hemorrhage: Basic concepts and methods of hemorrhage containment.
4. Estado de Choque
5. Wounds and burns: Emergency management, life-threatening injuries, amputations, first degree, second degree, third degree burns and general emergency treatment. Prohibitions in the emergency room, critical burns, burns in children and the elderly, electrical burns, factors that aggravate the ripening and the rule of 9.
6. Recognition and treatment of fractures.
7. Mobilization of injured.

Course duration 20 hours

Face-to-face and online course

This course is aimed at the general public.