



ONDA THANA MAHAVIDYALAYA

Value Add-on Course on
First Aid and Basic Life Support

Offered by
Department of Physical Education
(18-03-2025 to 03-06-2025)

Course Title: First Aid and Basic Life Support

Course Duration: 30 Hours

Course Outcomes:

- ❖ Understand the principles and importance of first aid and basic life support in emergency situations.
- ❖ Identify different types of medical emergencies and assess the situation to provide immediate and appropriate care.
- ❖ Demonstrate essential first aid techniques for common injuries such as cuts, burns, fractures, bleeding, and poisoning.
- ❖ Perform Basic Life Support (BLS) procedures, including Cardiopulmonary Resuscitation (CPR) for adults, children, and infants.
- ❖ Use Automated External Defibrillators (AED) and follow emergency response protocols confidently and correctly.
- ❖ Apply infection control and safety measures while administering first aid to ensure self and patient protection.
- ❖ Collaborate effectively with emergency medical services (EMS) and communicate vital information in crisis scenarios.

Course Content:

➤ **Introduction to First Aid**

- Definition, objectives, and principles of first aid
- Role and responsibilities of a first aider
- Legal and ethical considerations in first aid
- Basic emergency action steps (DRSABCD)
- Contents and use of a first aid kit

Resource Person: Sri. Tusarkanti Sannigrahi (Course Coordinator and Internal)

➤ **Assessment and Management of Injuries**

- Primary survey and secondary survey (checking response, airway, breathing, circulation)
- Types of wounds and bleeding: Control methods and bandaging techniques
- Burns and scalds: Types, severity, and first aid measures
- Fractures, sprains, and dislocations: Immobilization and handling
- Head, spinal, and chest injuries: Recognition and response
- Poisoning, bites, and stings: Identification and immediate care

Resource Person: Sri. Tusarkanti Sannigrahi (Internal)

➤ **Basic Life Support (BLS)**

- Principles of BLS and Chain of Survival
- Scene safety and patient responsiveness
- Airway management: Opening techniques (head tilt–chin lift, jaw thrust)
- Rescue breathing and chest compressions

- Adult, child, and infant CPR protocols (as per AHA/ERC guidelines)
- Recovery position and post-resuscitation care

Resource Person: Sri. Joymalya Paramanik (Internal)

➤ **Use of Automated External Defibrillator (AED)**

- What is an AED and how it works
- Safety precautions while using AED
- Steps to operate AED effectively in a cardiac emergency
- Integrating AED use with CPR
- Troubleshooting common AED errors

Resource Person: Sri. Rajibul Khan (Internal)

➤ **Emergency Situations and Special Conditions**

- Choking (Heimlich maneuver for adults and children)
- Drowning, electric shock, heat stroke, hypothermia
- Seizures, fainting, and unconsciousness
- Stroke and heart attack: Signs, symptoms, and immediate actions
- First aid for diabetic emergencies and asthma attacks

Resource Person: Dr. Somenath Kar (Internal)

➤ **Communication, Transport, and Infection Control**

- Communicating with victims and emergency responders
- Documentation of first aid provided
- Techniques for safe lifting and moving victims
- Universal precautions and use of personal protective equipment (PPE)
- Infection prevention during first aid (including COVID-19 precautions)

Resource Person: Dr. Sourav Kumar Nag (Internal)