



St John Ambulance Malta Training Branch



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FIRST AID COURSE

OVERVIEW

The St John Ambulance First Aid course is the standard training recommended for workplace first aid providers. It is also good for anybody who wants to be able to help during a medical emergency. This course covers a broad range of topics to enable participants to confidently manage emergency situations and provide a first aid response to a casualty. The course includes paediatric (children & babies) First Aid.

OBJECTIVES

By the end of this training participants will have:

- able to recognise life-threatening situations
- able to offer vital assistance before more experienced help arrives
- able to provide single-person CPR on an adult, child and baby
- qualified as a workplace first aid person

SYLLABUS

Unit 1 (2 hours)

- Welcome, safety and comfort
- Course objective & methodology
- The Task of a First Aider
- Incident Management
- Casualty Management

Unit 4 (2.5 hours)

- Shock (circulation)
- External Bleeding
- Dressings & Bandages

Unit 7 (2 hours)

- Minor & Major Epileptic Fits
- Stroke
- Hypoglycaemia
- Poisoning
- Burns & Scalds
- Electrical Shock
- Introduce & practice Arm Sling

Unit 2 (2 hours)

- Primary Survey
- Recovery Position
- Secondary Survey: Head-to-Toe

Unit 5 (2 hours)

- Disorders of the Airway & Breathing
- Heat Exhaustion, Heatstroke

Unit 8 (2 hours)

- Injuries to the Muscles, Joints & Bones
- Jaw thrust for spinal injuries
- Practice Bandages

Unit 3 (2 hours)

- Cardio Pulmonary Resuscitation
- Modification Child/Baby

Unit 6 (2 hours)

- Fainting, Heart Attack, Anaphylactic Shock
- Internal Bleeding
- Amputations

PREREQUISITES

- There are no formal entry requirements for this course.
- The minimum age to attend this course must be 14 years. Children below the age of 14 years are invited to follow the Three Cross Award.

ST JOHN AMBULANCE

Malta's leading First Aid Training Provider

INSTRUCTORS

This course is delivered by qualified and experienced trainers.

DURATION

The First Aid course may be delivered over 9 sessions (19 hours including the assessment session) or 3 full days.

ASSESSMENT

The First Aid course is assessed through a written multiple choice test and a practical test.

CERTIFICATE

- A certificate with a 3-year validity is provided.
- The St John Ambulance First Aid certificate fulfils the obligations of the local Occupational Health & Safety Legislation. The certificate has worldwide recognition.

FEE* & REGISTRATION

€40 per person. Contact us for discounted pricing for group training.

*Proceeds from our training courses support services provided by St John Ambulance for the community. St John Ambulance Malta is an Enrolled Voluntary Organisation (VO/0919) in terms of Article 3 of the Voluntary Organisations Act, 2007

TRAINING SCHEDULE & REGISTRATION

The Training Schedule and information about registering for a course are available:

<http://www.stjohnmalta.org/training-schedule/>

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