

SANDIP FOUNDATION'S

Sandip Institute of Pharmaceutical Sciences,

Mahiravani, Trimbak Road, Tal & Dist. Nashik-422213, Maharashtra State

Web: [www.sandipfoundation.org](http://www.sandipfoundation.org) E-mail: [sandipfoundation@gmail.com](mailto:sandipfoundation@gmail.com)




**SANDIP**  
FOUNDATION

## Course Module First aid Training


Sr No.	Syllabus Content	Hours
1	<b>Introduction to First Aid</b> <ul style="list-style-type: none"><li>• Importance of first aid- Legal and ethical considerations</li><li>• Role of a first aider</li><li>• Personal safety and infection control</li></ul>	02
2	<b>Basic Life Support</b> <ul style="list-style-type: none"><li>• Recognizing an emergency situation</li><li>• Assessing the scene and calling for help</li><li>• Performing cardiopulmonary resuscitation (CPR) Using an automated external defibrillator (AED)</li></ul>	04
3	<b>Airway Management</b> <ul style="list-style-type: none"><li>• Airway anatomy and obstruction</li><li>• Techniques for clearing an obstructed airway</li><li>• Rescue breathing and recovery position</li></ul>	03
4	<b>Bleeding and Wound Care</b> <ul style="list-style-type: none"><li>• Different types of wounds and bleeding</li><li>• Controlling bleeding: direct pressure, elevation, and pressure points</li><li>• Dressing wounds and applying bandages</li></ul>	03
5	<b>Fractures, Sprains, and Strains</b> <ul style="list-style-type: none"><li>• Types of fractures, sprains, and strains</li><li>• Initial management and immobilization techniques</li><li>• Recognizing and managing dislocations</li></ul>	03

6	<b>Burns and Thermal Injuries</b> <ul style="list-style-type: none"> <li>• Classification of burns</li> <li>• First aid for thermal burns, chemical burns, and electrical burns</li> <li>• Managing sunburn and frostbite.</li> </ul>	02
7	<b>Environmental Emergencies</b> <ul style="list-style-type: none"> <li>• Heat-related emergencies: heat exhaustion and heatstroke</li> <li>• Cold-related emergencies: hypothermia and frostbite</li> <li>• Allergic reactions and anaphylaxis</li> <li>• Poisoning and overdose management</li> </ul>	04
8	<b>Medical Emergencies</b> <ul style="list-style-type: none"> <li>• Seizures and epilepsy</li> <li>• Diabetic emergencies: hypoglycemia and hyperglycemia</li> <li>• Asthma attacks and respiratory distress</li> <li>• Stroke recognition and initial care</li> </ul>	04
9	<b>Musculoskeletal Injuries</b> <ul style="list-style-type: none"> <li>• Back and neck injuries</li> <li>• Spinal immobilization techniques</li> <li>• Soft tissue injuries: bruises, strains, and sprains</li> </ul>	02
10	<b>Pediatric First Aid</b> <ul style="list-style-type: none"> <li>• Unique considerations for providing first aid to children</li> <li>• Recognizing and managing common pediatric Emergencies</li> <li>• CPR and choking in infants and children</li> </ul>	02
11	<b>Review and Practical Skills</b> <ul style="list-style-type: none"> <li>• Recap of key concepts and techniques</li> <li>• Hands-on practice of CPR, bandaging, splinting, etc</li> </ul>	01

	<ul style="list-style-type: none"><li>• Scenario-based simulations and role-playing Exercises.</li></ul>	
--	--	--

Remark by IQAC	Dr. Atul Bendale
Signature	



  
**Principal**  
Sandip Foundation's  
**Sandip Institute of  
Pharmaceutical Sciences**  
Mahiravani, Nashik-422 213