



**Sree Narayana Mangalam College Maliankara**  
*(Affiliated to Mahatma Gandhi University, Kottayam)*

**CERTIFICATE COURSE SYLLABUS**

**FIRST AID AND EMERGENCY CARE**

**Sree Narayana Mangalam College**  
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**SNM COLLEGE MALIANKARA  
DEPARTMENT OF ZOOLOGY  
FIRST AID  
SYLLABUS**

**Total Hours: 30**

**Course Outcomes**

At the completion of this course, the student should be able to

- Administering basic life support skills including cardiopulmonary resuscitation
- Providing first aid of simple and multiple system trauma such as
- Controlling hemorrhage
- Managing Burns and wounds
- Manually stabilizing injured extremities
- Identifying signs of Stroke and heart attack and safe transfer after first aid without delay in transfer.
- Manage general medical complaints seizures and animal bites (snake /dog bite)

**UNIT I**

First aid basics: first aid, importance of first aid, first aider, laws of first aid, contents of an ideal first aid kit, dealing with an emergency. (4hrs)

**UNIT II**

Emergency response: CPR, steps for performing CPR, CPR for newborns and infants, recovery position, first aid in drowning, fractures of bones, causes and types of fractures, dislocation. (8hrs)

**UNIT III**

First aid in burns: Types of burns, danger of burns, first aid in dry burns and scalds, electrical burns, chemical burns, sunburn, heatstroke. (3hrs)

**UNIT IV**

First aid in wounds and injuries: types of wounds- small cuts and abrasions, Head injury- nose bleed, bleeding gums, bleeding from varicose veins, Shocks- causes of shock and its first

aid.(3hrs)

**UNIT V**

First aid in poisoning: poisoning by swallowing, gases, injections, skin absorption, Animal bites, snake bites and insect stings. (3hrs)

**UNIT VI**

First aid in foreign objects entering the sense organs: foreign body in the eye, ear, nose, skin, swallowing of foreign objects. (3hrs)

PRACTICAL (6hrs)

- CPR
- Management of fracture
- Dressing and bandages

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