



**Course Title:** Basic First Aid

**Time:** 1 hour

**Course Description:** This course equips employees with the knowledge and skills to respond confidently to workplace medical emergencies. From recognizing when to call 911 to providing essential care, participants will learn how to keep colleagues safe and comfortable until professional medical assistance arrives.

**Learning Objectives:**

- Recognize situations that require calling 911.
- Understand and apply proper procedures for various medical emergencies.
- Provide basic first aid for yourself or injured co-workers.
- Utilize personal protective equipment effectively to ensure safety.

**Course Outline Sections:**

- Basic First Aid
  - Assess the Scene
  - General Guidance for Emergencies
  - Good Samaritan Law
    - What is the Good Samaritan Law?
    - Key Points to Remember
    - Why it Matters
  - Chain of Survival
    - Early Access
    - Early CPR or First Aid
    - Early Defibrillation
    - Early Advanced Care
  - CPR
  - Video – Hands Only CPR



# DIRIGO SAFETY, LLC

PUBLIC SAFETY ADVOCATES

- Choking
- Bleeding Control
- Video – Combat Application Tourniquet (CAT) Instructions
- Chest Pain and Heart Attacks
  - Common Symptoms
  - What to Do
- Gender Differences with Chest Pain
- Eye Injuries
- Falls
  - Common Injuries from Falls
  - Actions to Take
- Heat Related Injuries
  - Heat Exhaustion
  - Heat Stroke
- Seizures
  - General Response for All Seizures
  - For Convulsive Seizures
- Conclusion
- QUIZ: Basic First Aid