



[www.resq.no](http://www.resq.no)

## First Aid – Basic Course

**COURSE CODE: OFA101**

### **GOALS:**

After completing the course, the students should be able to provide lifesaving first aid in the event of serious injury or illness. To be able to assist the nurse in the examination and treatment of patients

### **TARGET GROUP:**

The training is designed for personnel who are part of the general emergency first-aid system and comprises the following:

- Members of first-aid teams on permanent and floating installations.
- First aid personnel and MOB crews on standby vessels.

### **PRIOR KNOWLEDGE:**

Basic safety and emergency training.

### **DURATION:**

5 days

### **CONTENT:**

The course provides thorough basic instructions in relevant first-aid topics emphasising training in practical skills.

- Emergency measures/organisation
- General first aid
- Examination of the patient
- Unconsciousness
- Bleeding and traumatic amputation
- Abdominal injuries
- Loss of circulation
- Head injuries
- Back and neck injuries
- Fire and caustic burns incl. electricity and radiation
- Fractures
- Measuring blood pressure
- Chest pains (heart disease)
- Breathing problems and cramps
- Lifelessness – Cardiopulmonary Resuscitation
- Assisting the nurse in administering an infusion
- Hypothermia
- Mental reactions and dealing with stress (as a result of accidents or disasters)
- Accident site with several injured – Triage on scene.
- Chest injuries