



THE KENYA COUNCIL OF EMERGENCY MEDICAL TECHNICIANS

....the pulse of EMS in Kenya

RIARA UNIVERSITY

FIRST AID TRAINING AGENDA

TIMING	DAY 1 - 25 th February	DAY 2 - 4 th March	DAY 3 - 11 th March	DAY 4 - 18 th March	DAY 5 - 25 th March
0830hrs.	Introduction and Welcome Personal objectives	Feedback and recap from Day 1	Feedback and recap from Day 2	Feedback and recap from Day 3	Feedback and recap from Day 4
Morning Session 1	What is first aid Aim of first aid Incident management	BLS	Respiratory Problems	Nervous system Problems	Environmental Injuries
Break	Break	Break	Break	Break	Break
Morning Session 2	Incident management..cont. Casualty management	BLS	Heart and Circulatory Problems	Medical Problems	Poisoning, Bites and Stings
13.00-14.00	Lunch	lunch	Lunch	Lunch	Lunch
Afternoon Session	Unconscious casualty management	BLS	Wounds & Bleeding	Musculoskeletal Injuries	Assessment and Evaluation
1630 hrs.	END	END	END	Close	Close

- Put your phones on silent mode
- Only participants who attend at least 90% of the sessions will be examined

Guidelines to cover Suggested topics

Basic Life Support

- ✓ CPR-Infant, Child and Adult
- ✓ Use of AED
- ✓ Choking

Respiratory problems

- ✓ Anatomy and physiology of the respiratory system
- ✓ Asthma
- ✓ Drowning
- ✓ Anaphylaxis

Heart and circulatory Problems

- ✓ Anatomy and physiology of the circulatory system
- ✓ Shock
- ✓ Angina
- ✓ Heart Attack
- ✓ Fainting

Wound and Bleeding

- ✓ Types of bleeding
- ✓ Types of wounds
- ✓ Penetrating chest wound
- ✓ Use of tourniquet

Medical Problems

- ✓ Hypoglycemia
- ✓ Fever
- ✓ Vomiting and diarrhea

Nervous system problems

- ✓ Anatomy and Physiology of the nervous system
- ✓ Stroke
- ✓ Migraine and Headache
- ✓ Seizures
- ✓ Head injuries (concussion and cerebral compression)

Musculoskeletal injuries

- ✓ Anatomy of the Skeleton and muscles
- ✓ Strain and Sprain
- ✓ Muscle cramps
- ✓ Dislocation
- ✓ Fractures

Environmental Injuries

- ✓ Anatomy of the skin
- ✓ Burns and scalds- types, Electrical, chemical
- ✓ Extreme temperature
- ✓ Foreign objects

Poisoning, Bites and Stings

- ✓ Routes of entry
- ✓ How poisons affect the body
- ✓ Tick bite
- ✓ Snake bite
- ✓ Animal Bite
- ✓ Stings-Insect and Marine

LIST OF TRAINING AIDS

	ITEM	QUANTITY	PROVIDER
1	Attendance sheet	10	KCEMT&RIARA
2	Evaluation forms	25	KCEMT
3	Hand outs	22	KCEMT
4	Pens	24pcs	RIARA
5	Exams	24PCS	KCEMT
6	Flip charts	2rims	RIARA
7	Flip chart stand/ white board	2	RIARA
8	Whiteboard markers	6 assorted colors	RIARA
9	Permanent markers	6 assorted colors	RIARA
10	Blankets/ Sheets	8	RIARA
11	AED	2	
12	Projector	1	RIARA
13	Projector screen	1	RIARA
14	Splints	10 assorted	KCEMT
15	Triangular bandages	20pcs	RIARA
16	Crepe bandages	20pcs	RIARA
17	Dressings	2 packs(4*4)	RIARA
18	Masking tapes	2 (1inch)	RIARA
19	Gloves	2 packets	RIARA
20	Extension cables	Adequate for the class set up	RIARA
21	Manikins	Adult-5 Child-5 Infant-5	KCEMT
22	Thermo blanket	1	KCEMT
23	Meals		RIARA
24	Venue		RIARA