



Primeiros Socorros Básicos

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IDIOMAS DISPONÍVEIS

Inglês, Norueguês

O curso oferece aos participantes uma base abrangente em primeiros socorros, com forte ênfase nas habilidades práticas necessárias para fornecer primeiros socorros que salvam vidas em casos de lesões graves, doenças ou outras emergências, além de auxiliar um enfermeiro no exame e tratamento de pacientes.

Informações essenciais

Pré-requisitos

Participants must have completed Basic Safety Training.

Para quem é?

Personnel who form part of the overall first aid emergency response organisation, including: Members of first aid teams on fixed and floating offshore installations First aiders and MOB boat crew on emergency response vessels

Avaliação

Participants are assessed throughout all practical training. If a participant does not successfully complete the practical training, the reason for the assessment outcome will be provided. At the end of the course, participants must complete: A practical assessment in basic first aid (ABC), including drowning scenarios A practical assessment in CPR using a semi-automatic defibrillator (AED) A theoretical test Participants who do not demonstrate achievement of the required competence objectives will not successfully complete the course.

Certificação

Upon successful completion you will receive a certificate in basic first aid valid for 2 years

Course content

• Emergency Preparedness

First aid preparedness, organisation and responsibilities within the emergency response system.

• Patient Assessment

Systematic examination of a casualty and identification of immediate treatment priorities.

• Bleeding and Amputation

First aid for severe bleeding and traumatic amputation.

• Circulatory Shock

Recognition and first aid management of circulatory shock.

• General First Aid

Principles and practical application of first aid during emergency situations

• Unconsciousness

Assessment and first aid management of an unconscious person.

• Abdominal Injuries

Recognition and first aid management of abdominal injuries.

• Head Injuries

Recognition and first aid management of head injuries.

- **Spinal Injuries**

First aid considerations for suspected back and neck injuries.

- **Fractures**

Recognition and first aid management of suspected fractures.

- **Chest Pain**

Recognition and first aid response to a person experiencing chest pain.

- **CPR and AED**

Cardiopulmonary resuscitation and use of a semi-automatic defibrillator.

- **Hypothermia**

Recognition and first aid management of general hypothermia.

- **Multiple Casualties and Triage**

Management of incidents involving multiple casualties and practical triage at the scene.

- **Burns and Chemical Injuries**

First aid for burns and chemical injuries, including injuries involving electricity and radiation.

- **Blood Pressure**

Practical measurement of blood pressure.

- **Breathing Difficulties and Seizures**

First aid response to breathing difficulties and seizures.

- **Assisting with Infusion**

Assisting a nurse with administration of intravenous infusion.

- **Mental Reactions and Stress**

Recognition of mental reactions and principles of stress management during emergencies.

- **Chest Injuries**

Recognition and first aid management of chest injuries.

Key Learning Objectives

01 L01 – Perform life-saving first aid for persons suffering from serious injury or illness.

03 L03 – Apply appropriate first aid for unconsciousness, bleeding, shock and traumatic injuries.

05 L05 – Perform CPR and use a semi-automatic defibrillator during resuscitation.

07 L07 – Apply basic triage principles during incidents involving multiple casualties.

09 L09 – Recognise mental reactions and apply basic principles of stress management during emergencies.

02 L02 – Assess a casualty and determine immediate first aid priorities.

04 L04 – Apply appropriate first aid for burns, fractures, head, neck, spinal, chest and abdominal injuries.

06 L06 – Recognise and manage breathing difficulties, seizures, hypothermia and other acute conditions.

08 L08 – Assist a nurse during the examination and treatment of patients, including infusion administration