I. FIRST AID TRAINING CURRICULUM

Preamble
This curriculum has been developed for the purpose of ensuring uniformity, consistence and standardisation of the scope and content of the first aid training at workplaces. Every training firm or institution approved under the Factories and Other Places of Work (First Aid Rules LN 160/1977) shall strictly adhere to this curriculum.

CONTENTS

1. Bleeding emergencies and Treatment of minor injuries 2 hours
   - Nose bleeding
   - Arterial bleeding
   - Bleeding from injured veins
   - Internal bleeding

2. Management of amputated 1.5 hours
   - Fingers
   - Hand
   - Arm
   - Toes
   - Foot
   - Leg

3. Management of fractures 2 hours
   - Neck and skull fracture
   - Jaw fracture
   - Limbs fractures
   - Rib fractures
   - Vertebral column fractures

4. Eye Injuries 2 hours
   - Foreign object in the eye
   - Perforation of the eye
   - Cut on the eye
   - Allergies from contact with chemicals
   - Contact with corrosive chemicals
   - Injuries due to radiation
   - Heat burn
   - Injury from a blow

5. Ear Injuries 1 hour

6. Burns and Scalds 2.5 hours
   - Chemical burns from corrosive chemicals
DIRECTORATE OF OCCUPATIONAL HEALTH AND SAFETY SERVICES

- Direct burns from flame
- Burns from contact with hot objects
- Scalds from hot liquids
- Electrical burns

7 Unconsciousness
   - Causes and treatment 2 hours

8 Cardio-Pulmonary Resuscitation 2 hour

9 Gassing emergencies 1.5 hours

10 First Aid to people with special problems 2 hours
   - Asthmatic persons
   - Epileptic persons
   - Diabetic persons
   - Hypertensive stroke
   - Obsteterical emergencies

11 Ingestion of corrosive and toxic substances 1 hour

12 Lifting and carrying casualties 1.5 hours

13 Precautions to be taken against contracting Hiv/Aid while giving First Aid 1 hour

14 Requirements under the First Aid Rules –LN 160/1977 1 hour

15 Shock
   - Causes and treatment 1 hour

16 Animal and insect bites 1 hour

17 Emergency preparedness and response 1 hour

18 Examination and testing
   - Written 1 hour
   - Orals and practicals 4 hours

Take note that: The Time allocated for this course shall not be less than thirty (30 hrs) contact hours.
II. TRAINING EQUIPMENTS

The training firm or institution should be adequately equipped with the following items for training.

1) Dummy for resuscitation  
2) Stretcher  
3) Fracture stabilizing splints  
4) Triangular bandages  
5) Dressing for injured fingers and toes  
6) Dressing for injured hands and feet  
7) Large dressing for other injured parts of the body  
8) Adhesive wound dressing  
9) Cotton wool  
10) Adhesive Plasters  
11) Eye wash and eye pads  
12) Surgical gloves  
13) Safety pins  
14) Masks for artificial resuscitation  
15) Suitable and recommended antiseptic solution  
16) White-board, black board, or flip chart.