

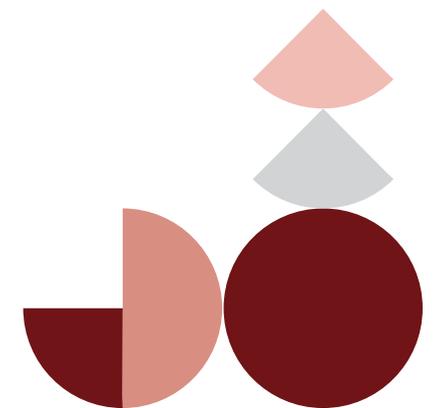


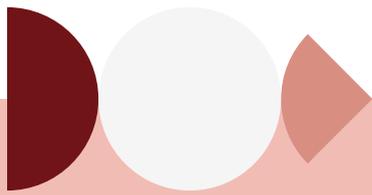
Maldivian Red Crescent

First Aid Menu



The Maldivian Red Crescent (MRC) is an independent, voluntary, humanitarian organization, established based on the Maldivian Red Crescent Law [Law 7/2009]. Its primary objective is to provide humanitarian aid, prevent and alleviate human suffering. It is the 187th member of the world's largest humanitarian movement – the International Red Cross and Red Crescent Movement – which every year helps millions of people whose lives have been devastated by crises or conflict.



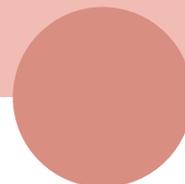


First Aid Trainings

MRC is one of the leading trainers and service providers of First Aid in the Maldives. Strengthening First Aid services, improving First Aid service quality, and increasing overall First Aid capacity of communities and service providers through targeted training is one of the key priority areas of MRC.

MRC provides a variety of First Aid trainings. For organisations and corporations that are interested in conducting trainings for their staff and management, commercial First Aid trainings can be organized accordingly. Furthermore, MRC conducts trainings within the community, working to increase community resilience by building the capacity to deliver potentially lifesaving first aid within the population.

The First Aid trainings provided by MRC are according to the global standard of the Red Cross and Red Crescent Movement, with the content delivered developed in partnership with the International Federation of the Red Cross and Red Crescent and the Global First Aid Centre.



Basic First Aid

Duration: 7 hours

Training Summary

Entails training with prime modules and, is more focused on practical sessions After completion, the participant will be able to deal with life threatening injuries and conditions, as well as have basic skills for the transportation of casualties and first aid for medical and miscellaneous conditions.

Training Outline

- Incident management
- **Recognition and care of unconscious casualty***
- **CPR for adults***
- **Care for casualties with sever blood loss and shock***
- **General treatment for burns***
- **Recognition and treatment of fractures***
- Recognition and treatment of Chocking casualty
- Treatment of Sprains & Strains
- Transportation of casualties
- Medical conditions – recognition and treatment

The modules marked (*) will be assessed.

Practical First Aid

Duration: 14 hours

Training Summary

Practical First Aid course covers all the main modules with a focus on practical application. First aiders who successfully complete this course is deemed competent in providing first aid for a casualty with life threatening conditions.

Training Outline

- Incident management:
- **Recognition and care of unconscious casualty***
- **CPR for adults and children***
- **Care for casualties with blood loss and shock***
- **General treatment for burns***
- **Recognition and treatment of fractures***
- Recognition and treatment of Choking casualty
- Treatment of Sprains & Strains
- **Recognition and care of casualties with spinal injuries***
- **Transportation of casualties***
- Medical conditions
- Misc. conditions

Standard First Aid

Duration: 21 hours

Training Summary

The Standard First Aid training includes a wide range of modules that provide comprehensive information with a focus on practical application. First aiders who successfully complete this training are deemed competent to deal with any minor situation a first aider may face. This training covers Life threatening conditions (CPR/sever blood loss), medical and miscellaneous conditions including emergency child birth.

Training Outline

- Incident management:
- **Recognition and care of unconscious casualty***
- **CPR for adults and children***
- **Care for casualties with blood loss and shock***
- **General treatment for burns***
- **Recognition and treatment of fractures***
- **Recognition and treatment of Choking casualty***



- **Treatment of Sprains & Strains***
- **Recognition and care of casualties with spinal injuries***
- **Transportation of casualties***
- Medical conditions
- Misc. conditions
- Emergency child birth.

The modules marked (*) will be assessed.



CPR Training

Duration: 3 hours

Training Summary

The training focuses mainly on the CPR session with a look on recognition and care of unconscious breathing and unbreathing casualty.

Training Outline

- Incident management
- **Recognition and care of unconscious casualty***
- **CPR for adults, Children & Infants***

Emergency Basic Life Support (EBLS)

Duration: 5 hours

Training Summary

As the name suggests the participant will have awareness on how to deal with an emergency and treat life threatening conditions. This will cover unconscious breathing and non-breathing casualty. As well as manage severe blood loss and shock.

Training Outline

- Incident management
- Recognition and care of unconscious casualty
- CPR for adults
- Care for casualties with severe blood loss and shock

The modules marked (*) will be assessed.

Standard First Aid + AED Training

Duration: 25 hours

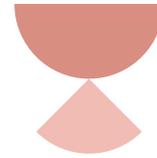
Training Summary

This training includes 21 hours of Standard First Aid training with 4 more hours of Automated External Defibrillator (AED) usage. The participants will be given time to practice CPR and AED on Manikins and trainer AED's.

Training Outline

- Incident management:
- **Recognition and care of unconscious casualty***
- **CPR for adults and children***
- **Care for casualties with blood loss and shock***
- **General treatment for burns***
- **Recognition and treatment of fractures***
- **Recognition and treatment of Choking casualty***
- **Treatment of Sprains & Strains***
- **Recognition and care of casualties with spinal injuries***
- **Transportation of casualties***
- Medical conditions
- Misc. conditions
- Emergency child birth.
- **Automated External Defibrillator (AED)***

The modules marked (*) will be assessed.



Practical First Aid + AED Training

Duration: 18 hours

Training Summary

This training includes 14 hours of Practical First Aid training with 4 more hours of Automated External Defibrillator (AED) usage. The participants will be given time to practice CPR and AED on Manikins and trainer AED's.

Training Outline

- Incident management:
- **Recognition and care of unconscious casualty***
- **CPR for adults and children***
- **Care for casualties with blood loss and shock***
- **General treatment for burns***
- **Recognition and treatment of fractures***
- **Recognition and treatment of Choking casualty***
- Treatment of Sprains & Strains
- **Recognition and care of casualties with spinal injuries***
- Transportation of casualties
- Medical conditions
- Misc. conditions
- **Automated External Defibrillator (AED)***

The modules marked (*) will be assessed.

Basic First Aid + AED Training

Duration: 11 hours

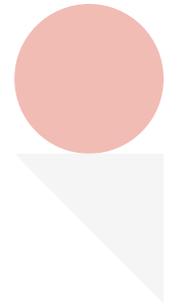
Training Summary

This training includes 7 hours of Basic First Aid training with 4 more hours of Automated External Defibrillator (AED) usage. The participants will be given time to practice CPR and AED on Manikins and trainer AED's.

Training Outline

- Incident management
- **Recognition and care of unconscious casualty***
- **CPR for adults***
- **Care for casualties with sever blood loss and shock***
- **General treatment for burns***
- **Recognition and treatment of fractures***
- **Recognition and treatment of Choking casualty***
- Treatment of Sprains & Strains
- Transportation of casualties
- Medical conditions – recognition and treatment
- **Automated External Defibrillator (AED)***

The modules marked (*) will be assessed.



CPR + AED Training

Duration: 5 hours

Training Summary

This training includes 3 hours of CPR training with 2 more hours of Automated External Defibrillator (AED) usage.

Training Outline

- Recognition and care of unconscious casualty
- CPR for adults, Child & Infants
- Automated External Defibrillator (AED)

All the modules will be assessed.

Emergency Basic Life Support (EBLS) + AED Training

Duration: 7 hours

Training Summary

This training includes 5 hours of EBLS training with 2 more hours of Automated External Defibrillator (AED) usage.

Training Outline

- Incident management
- Recognition and care of unconscious casualty
- CPR for adults
- Care for casualties with sever blood loss and shock
- Automated External Defibrillator (AED)

Basic First Aid (BFA) Annual Refresher

Duration: 3 hours

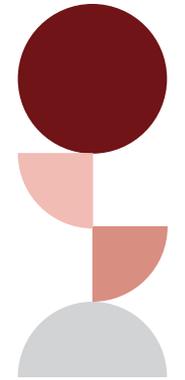
Training Summary

This is a mandatory training. It covers all the main modules with a focus on practical application. First Aiders who have successfully completed and certified on Basic First Aid training needs to complete this training annually to validate the certificate for the next year, as well as to refresh what was learnt initially.

Training Outline

- Recognition and care of unconscious casualty
- CPR for adults
- Care for casualties with sever blood loss and shock
- Burns
- Broken
- Recap of initial BFA (7 hours) training modules

All the modules will be assessed.



Practical First Aid (PFA) Annual Refresher

Duration: 5 hours

Training Summary

This is a mandatory training. It covers all the main modules with a focus on practical application. First Aiders who have successfully completed and are certified on Practical First Aid training needs to complete this training annually, to validate the certificate for the next year as well as to refresh what was learned initially.

Training Outline

- Recognition and care of unconscious casualty
- CPR for adults and children
- Care for casualties with blood loss and shock
- General treatment for burns
- Recognition and treatment of fractures
- Choking Treatment
- Sprain and Strain treatment
- Recognition and care of casualties with spinal injuries
- Medical conditions (Heart Attack, Asthma, epilepsy)
- Moving and lifting
- Recap of initial SFA (21 hours) training modules

All the modules will be assessed.



Standard First Aid (SFA) Annual Refresher

Duration: 7 hours

Training Summary

This is a mandatory training. It covers all the main modules with a focus on practical application. First Aiders who have successfully completed and certified Standard First Aid training needs to complete this training annually, to validate the certificate for the next year as well as to refresh what was learned initially.

Training Outline

- Recognition and care of unconscious casualty
- CPR for adults and children
- Care for casualties with blood loss and shock
- General treatment for burns
- Recognition and treatment of fractures
- Choking Treatment
- Sprain and Strain treatment
- Recognition and care of casualties with spinal injuries
- Medical conditions (Heart Attack, Asthma, epilepsy)
- Moving and lifting
- Recap of initial SFA (21 hours) training modules

All the modules will be assessed.



Basic First Aid (BFA) + AED Annual Refresher

Duration: 7 hours

Training Summary

This is a mandatory 5 hours of training. It covers all modules of Basic First Aid (BFA) Annual Refresher with 2 hours of Automated External Defibrillator (AED) usage. First Aiders who have successfully completed and certified Basic First Aid + AED training needs to complete this training annually, to validate the certificate for the next year as well as to refresh what was learned initially.

Practical First Aid (PFA) + AED Annual Refresher

Duration: 9 hours

Training Summary

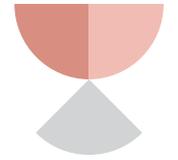
This is a mandatory 7 hours of training. It covers all modules of Practical First Aid (PFA) Annual Refresher with 2 hours of Automated External Defibrillator (AED) usage. First Aiders who have successfully completed and certified Practical First Aid + AED training needs to complete this training annually, to validate the certificate for the next year as well as to refresh what was learned initially.

Standard First Aid (SFA) + AED Annual Refresher

Duration: 13 hours

Training Summary

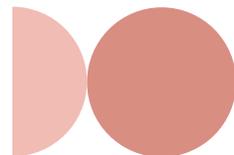
This is a mandatory 10 hours (1.3 days) of training. It covers all modules of Standard First Aid (SFA) Annual Refresher with 3 hours of Automated External Defibrillator (AED) usage. First Aiders who have successfully completed and certified Standard First Aid + AED training needs to complete this training annually, to validate the certificate for the next year as well as to refresh what was learned initially.



Please note that the training hours and training outline (Trainings listed in Page 7 & 12) will be the same for Annual Refreshers of the following Trainings:

- CPR Training
- CPR + AED Training
- Emergency Basic Life Support (EBLS) Training
- Emergency Basic Life Support (EBLS) + AED Training

*Anyone who has undergone any training mentioned above through Maldivian Red Crescent is eligible for the Annual Refresher training.



- Humanity 
- Impartiality 
- Neutrality 
- Independence 
- Voluntary Service 
- Unity 
- Universality 



