

DIRECTORATE OF OCCUPATIONAL HEALTH AND SAFETY SERVICES

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

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| 1 | Bleeding emergencies and Treatment of minor injuries | 2 hours |
| | <ul style="list-style-type: none"> • Nose bleeding • Arterial bleeding • Bleeding from injured veins • Internal bleeding | |
| 2 | Management of amputated | 1.5 hours |
| | <ul style="list-style-type: none"> • Fingers • Hand • Arm • Toes • Foot • Leg | |
| 3 | Management of fractures | 2 hours |
| | <ul style="list-style-type: none"> • Neck and skull fracture • Jaw fracture • Limbs fractures • Rib fractures • Vertebral column fractures | |
| 4 | Eye Injuries | 2 hours |
| | <ul style="list-style-type: none"> • 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 |
| | <ul style="list-style-type: none"> • Chemical burns from corrosive chemicals | |

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| | <ul style="list-style-type: none">• Direct burns from flame• Burns from contact with hot objects• Scalds from hot liquids• Electrical burns | |
| 7 | Unconsciousness <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Asthmatic persons• Epileptic persons• Diabetic persons• Hypertensive stroke• Obsteterical emergencies | 2 hours |
| 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 <ul style="list-style-type: none">• Causes and treatment | 1 hour |
| 16 | Animal and insect bites | 1 hour |
| 17 | Emergency preparedness and response | 1 hour |
| 18 | Examination and testing <ul style="list-style-type: none">• Written• Orals and practicals | 1 hour 4 hours |

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

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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.