



St. John Ambulance Training Branch

5 Independence Square
Valletta VLT 1520

Tel: 21245740 — Mobile: 79448310 — Fax: 25401014
E-mail: Training@StJohnAmbulanceMalta.com
Website: www.StJohnAmbulanceMalta.com



25th February 2008

Dear Sir/Madam,

A First Aid course can be conducted at your premises in four days each session lasting seven hours **or** in nine sessions with each session lasting approximately two hours. The content of both courses is the same. These sessions could be consecutive or spread out as is convenient to you; for example one lesson day, two lessons a day, a lesson every other day, one lesson a week, two lessons a week, etc. Below you will find course outlines for both courses.

The minimum fee for a First Aid course is EUR 420.00 for up to 12 persons, additional participants can be added at a fee of EUR 35.00 per person; this includes handouts, a face shield for CPR and certification. There is a maximum of 15 participants per group. Courses given by St. John Ambulance are recognised and approved under all legal notices of Occupational Health and Safety regulations and also fulfil EU standards and are recognized worldwide. In order to run a course we would need a classroom setting with a TV or monitor, VHS video player or DVD player and Over Head Projector (OHP). If you do not have an OHP we can provide one.

We look forward to being of service to you. If you need any further information please contact me on my personal number shown below.

Sincerely,

Franco

Franco J. Piccinino
Chief Executive Officer and
Hon. Secretary, Courses

Franco J. Piccinino O.St.J.
Chief Executive Officer and Hon. Secretary Courses
Tel: 79448310



St. John Ambulance Training Branch

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FIRST AID COURSE

FOUR DAY COURSE OUTLINE

Day One – 7 hours

Welcome, safety and comfort — Course objective and methodology
The Task of a First Aider
Incident Managing
Casualty Management
Primary Survey
Recovery Position
Secondary Survey - Head-to-Toe
Cardio Pulmonary Resuscitation

Day Two – 7 hours

Shock (circulation)
External Bleeding
Dressings and Bandages
Heat Exhaustion, Heatstroke
Disorders of the Airway and Breathing
Fainting, Heart Attack, Anaphylactic Shock
Internal Bleeding
Amputations

Day Three – 7 hours

Minor and Major Epileptic Fits
Stroke
Hypoglycaemia
Poisoning
Burns and Scalds
Electrical Shock
Injuries to the Muscles, Joints and Bones
Jaw thrust for spinal injuries

Day Four – 7 hours

Revise the key points of the course
Revision of Bandages and CPR
Assessment



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FIRST AID COURSE

NINE LESSON COURSE OUTLINE

Unit 1 **Duration 2 hours**

Welcome, safety and comfort
Course objective and methodology
The Task of a First Aider
Incident Management
Casualty Management
Revise the key points of the session

Unit 3 **Duration 2 hours**

Revision
Cardio Pulmonary Resuscitation
Modification Child/Baby
Revise the key points of the session

Unit 5 **Duration 2 hours**

Revision
Disorders of the Airway and Breathing
Heat Exhaustion, Heatstroke
Revise the key points of the session
Bandaging Revision + CPR

Unit 7 **Duration 2 hours**

Revision
Minor and Major Epileptic Fits
Stroke
Hypoglycaemia
Poisoning
Burns and Scalds
Electrical Shock
Revise the key points of the session
Introduce and practice Arm Sling

Unit 9 **Duration 2 ½ hours**

Assessment

Unit 2 **Duration 2 hours**

Revision
Primary Survey
Recovery Position
Secondary Survey - Head-to-Toe
Revise the key points of the session

Unit 4 **Duration 2 ½ hours**

Shock (circulation)
External Bleeding
Dressings and Bandages
Revise the key points of the session
Revision - Theory and practical CPR

Unit 6 **Duration 2 hours**

Revision
Fainting, Heart Attack, Anaphylactic Shock
Internal Bleeding
Amputations
Revise the key points of the session

Unit 8 **Duration 2 hours**

Revision
Injuries to the Muscles, Joints and Bones
Jaw thrust for spinal injuries
Revise the key points of the session
Practice Bandages
Practice CPR