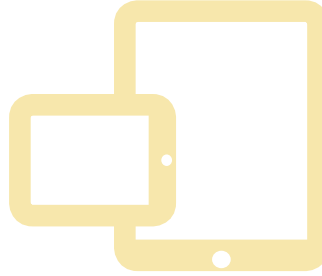


# CIRMA E-Learning Center

## Basic First Aid Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

### Course Description:

In the event of an emergency, would you know what to do to help yourself or someone else? Could you render potentially lifesaving assistance until first responders arrived? You never know when or where a medical emergency will occur. If a co-worker were to be injured, you could be their best chance of survival. Understanding basic first aid will help you to respond confidently and effectively to various emergencies that may occur whether at home, in the workplace, or anywhere you may be.

**Time:** Two hours [Preview the Basic First Aid online training program here.](#)

### Learning Objectives:

At the end of this course, the learner will be able to:

- Recognize the prevalence of medical emergencies
- Discuss how to deal with medical emergencies
- Determine how to correctly assess a situation and process the information before administering first aid
- Recognize what steps need to be taken in accordance with the Emergency Action Principles
- Identify and discuss the various types of medical emergencies
- Respond and interact confidently and effectively to help those experiencing a medical emergency

### Key Topics Include:

- First Aid Overview
- First Aid Kits
- Using CAB
- Common Medical Emergencies (Diabetic, Burns, Bleeding, Spinal Injuries, Shock, Heart Attack, Stroke, etc.)

*To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —*

[www.CIRMATraining.org](http://www.CIRMATraining.org)

To register for this course, please contact your organization's E-Learning Administrator.

