

VIVO Health & Safety Summer Skill Program is designed to enhance health and safety standards for students. It emphasizes on the importance of first responder in case of medical emergencies. Students will get awareness on infection control mechanism and effects of right nutrition on health in summers. Students can use these skills and help their friends, family and relatives to prevent themselves from any kind of emergency or nutritional deficiency.



Intended Audience

Students, Teachers, Parents

Course Objectives

- Learn to identify life threatening emergencies including Heart Attack, Strokes, Choking, Cardiac Arrest
- Able to Protect, Assess, Alert & Treat the person in danger
- Learn importance of the Golden Hour/ Platinum minutes
- Learn to deal with injuries such as Fractures, Bleeding, Burns, etc.
- Practice CPR & AED
- Infection transmission method and precaution
- Nutritional requirement

Course Description

- What is Medical Emergency?
- Emergency action steps
- Importance of time
- Identifying symptoms of common medical emergencies
- Common Injuries – Do's & Don'ts
- Cardio pulmonary Resuscitation(CPR) – Skill Demonstration & Practice
- How to use AED
- Infection control practice
- Recovery position Demonstration & Practice
- Splinting & Bandaging Technique Demonstration
- Health and Nutrition

Participant will learn through

- Discussions & Interactions
- Slides, Audio & Video Presentations
- Role Plays & Demonstrations
- Practice on mannequins
- Demonstration & re-demonstration of applying dressing, bandaging and splinting
- Situation analysis
- Evaluation & Certification

Highlights

- **Duration:** 2 Days (4 Hours / Day)
- **Certification:** VIVO Healthcare
- **Validity:** 1 Year