


FIRST AID IN SPORTS

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FIRST AID IN SPORTS



TO WHOM IT IS ADDRESSED

- Basic sports coaches for various sports
- Referees of various categories
- Maintenance staff for sports facilities
- Monitors extracurricular activities
- Leisure and leisure monitors



TARGETS

- To make the people of the organization aware of the need to know the most common first aid procedures aimed at sports.
- Identify serious and mild situations through appropriate assessment
- Acquire the minimum skills necessary to be able to provide initial health support to any unexpected situation in the field of Health
- Know the basics of using semi-automatic defibrillators



CONTENT

BLOCK 1: IMMEDIATE RISK SITUATIONS

- What are first aid?
- Basic life support for babies and children and use of AED
- Obstruction of the airway by foreign bodies
- Bleeding
- Heart attack and stroke



- Lateral safety position

BLOCK 2: MOST COMMON SITUATIONS IN PPAA

- General guidelines for action in the event of an accident
- Alterations in the level of consciousness
- Burns
- Wounds
- Injuries to the face, head and spine
- Chest trauma
- Epistaxis (bleeding from the nose)
- Limb trauma
- Soft tissue bruises
- Seizures
- Hypoglycemia (low blood sugar)
- Psychological first aid
- The first aid kit



METHODOLOGY

The methodological strategies are dynamic and participatory, seeking to arouse the interest and motivation of attendees and respond to the needs, doubts and concerns that may arise. There are practical cases applied to the usual environment of activities of the attendees. Appropriate technical and didactic material is used to achieve the proposed learning and seek the most real contextualization possible.



DURAKE

8 hours to be taught in a single session or in two 4-hour sessions.