




FIRST AID IN THE LEISURE ENVIRONMENT

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FIRST AID IN THE LEISURE ENVIRONMENT



TO WHOM IT IS ADDRESSED

- Lifeguards
- Maintenance personnel for water sports facilities
- Monitors extracurricular activities
- Leisure and leisure monitors during the summer months



TARGET

- Raise awareness among the people of the organization in the need to know the most common procedures in first aid aimed at the health field
- 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 adult life support and use of AED
- Lateral Safety Position
- ICTUS
- Obstruction of the airway by foreign bodies
- Bleeding
- Heart attack



BLOCK 2: MOST COMMON SITUATIONS IN PPAA

- General guidelines for action in the event of an accident
- Epistaxis (bleeding from the nose)
- Burns
- Wounds
- Injuries to the face, head and spine
- Heat stroke
- Sunstroke
- Insect bites
- Bites
- Digestion cut
- 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.



DURATION

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