



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Standards
- b) Why Training?

2) CPR

- a) Approaching the Victim
- b) Checking Breathing
- c) Chest Compressions
- d) Breathing

3) AED

- a) Inspection

4) First Aid

- a) Basics
 - i. First Aid Kits
 - ii. Shock
 - iii. Bleeding
 - iv. Arterial Bleeding
 - v. Venous Bleeding
 - vi. Capillary Bleeding
 - vii. Nose Bleeds
 - viii. Applying a Tourniquet
 - ix. Improvising a Tourniquet
 - x. Material
 - xi. Windlass
 - xii. Securing Mechanism
 - xiii. Choking
 - xiv. Heimlich Maneuver
 - xv. Loss of Consciousness
- b) Traumatic Injuries
 - i. Head Injuries
 - ii. Concussion



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- iii. Spinal Injuries
- iv. Broken Bones
- v. Splinting
- vi. Amputations
- c) Poisoning
 - i. Ingestion
 - ii. Inhalation
 - iii. Cutaneous
 - iv. Eyes
- d) Pre-Existing Conditions
 - i. Medical Screening
 - ii. Heart Attack
 - iii. Stroke
 - iv. Anaphylactic Shock
 - v. Seizures
- e) Heat & Cold Stress
 - i. Heat Exhaustion
 - ii. Heat Stroke
 - iii. Frostbite
 - iv. Hypothermia
- f) Other
 - i. Other Eye Injuries
 - 1. Foreign Objects in the Eye
 - 2. Penetrating Injury
 - ii. Electrical Shock
 - iii. Burns
 - 1. Chemical
 - 2. Electrical
 - 3. Radiation
 - iv. Sea Animals
 - 1. Jellyfish
 - 2. Sea Urchins
- 5) Evacuation
 - a) Radioing the Coast Guard
 - b) Basket Stretchers
- 6) Conclusion