



LIFESKILLS

Basic First Aid

FUEL | ONLINE TRAINING



Table of Contents

LIFESKILLS: MY HEALTH BASIC FIRST AID

MODULE 1:	Introduction to basic first aid	1
MODULE 2:	First aid in the home	1
MODULE 3:	First aid out of the home	1
MODULE 4:	First aid and road accidents - Part 1	1
MODULE 5:	First aid and road accidents - Part 2	1





| BASIC FIRST AID

MODULE 1: **Introduction to basic first aid**

Basic first aid is about providing help until the professionals arrive. This introductory module discusses how and when first aid should be used.

MODULE 2: **First aid in the home**

This module looks at the type of injuries that can occur at home. We'll show you some of the dangers and what to do when faced with a sudden accident in the home.

MODULE 3: **First aid out of the home**

There are many dangers outside your home. This module looks at those dangers, and how to do first aid when faced with an accident away from home.

MODULE 4: **First aid and road accidents - Part 1**

We focus on the experience of being in a car accident, and what you can do until professional help arrives.

MODULE 5: **First aid and road accidents - Part 2**

In this module, we'll continue looking at road accidents. We highlight the importance of keeping calm, and what you can do to help if you are involved in a car accident.

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