

# Essential First Aid (EFA)



Properly applied First Aid can save lives, reduce recovery time and quite possibly mean the difference between temporary disability or lifelong disability for the victim. Program participants learn to recognize the signs and symptoms of injuries and sudden illness. Crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reactions, diabetic and seizures is shared.

## Course Topics:

- Head to Toe Exam
- Bleeding and Wound Care
- Puncture Wounds
- Eye Injuries
- Amputations
- Eversions
- Bandaging Techniques
- Treatment for Shock
- Question and Answer Session
- Skills and Knowledge Testing

## Class Materials:

- First Aid Certification Card
- First Aid Manual for each student
- Bandaging Supplies
- 2 Year Access Code to Online Refresher Training

## Meets Regulation Requirements:

- 29 CFR 1910.151
- 37 FR 5504

## Class Length: 1 Hour

## 2 Year Certification