

Module

aPA

aeléc First Aid

aeléc Primeros Auxilios
aPA (4h)



aeléc

Aim: Provide workers with the basic knowledge and skills to respond to a health emergency in the workplace, applying the PAS protocol, performing an initial assessment of the injured person, and performing essential techniques such as CPR. The goal is to preserve life and prevent injuries from worsening until specialized assistance arrives.

PROGRAM: aeléc First Aid

1. Basic principles of first aid
 - 1.1 General first aid guidelines (PAS)
 - 1.2 Assessment of the injured person/victim (consciousness, breathing, pulse)
 - 1.3 Practical exercises
2. Cardiac arrest
 - 2.1 Safety at the scene
 - 2.2 Assessing consciousness and breathing
 - 2.3 Opening the airway with the head-tilt chin-lift maneuver
 - 2.4 CPR maneuvers
3. Specific actions
 - 3.1 Wounds and bleeding (recognition of types, including the presence of foreign bodies)
 - 3.2 Burns (electrical, chemical, and thermal)
 - 3.3 Trauma-fractures (immobilization)
 - 3.4 Poisoning
 - 3.5 Allergic reactions

aPA Module aeléc First Aid

Duration: 4 hours (1/2 day)

aPA program: Sections 1 to 3

Maximum students: 12 people per Edition

Certificate validity:

3 years

Headquarter:

Vallecas (Madrid) • Spain

Phone.: +34 664 681 385 • madrid@totalhse.com

Other centers in Spain:

Andosilla (Navarra) • Spain

Phone: +34 664 681 385 • navarra@totalhse.com

Las Palmas (Canary Islands) • Spain

SEPROM

Phone: +34 902 008 482 • canarias@totalhse.com

Redondela (Galicia) • Spain

Verticalia Formación

Phone: +34 986 401 472 • galicia@totalhse.com

Other centers:

San José • Costa Rica

Desarrollos Floruma

Phone: +506 2282-7468 • sanjose@totalhse.com

San Bernardo, Región Metropolitana • Chile

TTR Chile

Phone: +56 9 4228 1266 • chile@totalhse.com

www.totalhse.com

