

## First Aid Seminar

- ✚ **Objective:** The objective of the seminar is to a) inform & raise awareness for the very important issue of First Aid and b) offer basic information on provision of First Aid for various incidents.

The seminar will have informal character. Further goal is to motivate participants to pursue formal training.

- ✚ **Date & Place:** 13 Dec. 2014, Dia Noche Café, Alimos Marina

### ✚ Agenda

1. Introduction to First Aid
2. Accident assessment – priorities – general principles
3. Vital Signs
4. Cataplexy
5. Infarction
6. Choking
7. Stroke
8. Haemorrhage (bleeding)
9. Fractures
10. Injuries (Head, Spinal Cord, Thorax)
11. Burns
12. Electric shock
13. Epileptic Crisis
14. Heat-stroke
15. Hypothermia
16. Other Incidents

- ✚ **Instructor:** **Konstantinos Tzortzis**, CPR/AED Instructor Trainer & Course Director of the European Resuscitation Council & Hellenic Society of CPR, Emergency First Responder (Adults, Children, Infants), Emergency First Response Instructor, Certified Lifeguard, Geriatric Education for Emergency Medical Services Certificate

- ✚ **Participants:** I-MBA Sailing Club Members, I-MBA students