

- Day 1**
- 08:15**    **Emergency aid Focuses**
- The rights and obligations of first aid
  - Traffic lights, rescue chain, behavior in traffic accidents (highway, tunnel)
  - Alerting, smartphone-compatible alerting systems
  - First responder systems
  - Patient assessment and care
  - Fainting, unconsciousness
  - Handling patients with suspected spinal injuries
  - Helmet removal
  - Extrication, positioning
- 12:00**    **Lunch**
- 13:15**    **Basic Life Support**
- Course of action according to SRC guidelines
  - Causes of circulatory arrest
  - brief anatomy: heart / circulation
  - Symptoms of heart attack / stroke
  - Airway obstruction
  - Chest compression, ventilation
- 17:00**    **Course end day 1**
- Day 2**
- 08:15**    **BLS with use of AED**
- Use and dangers of the AED
  - Chain of survival
- 12:00**    **Lunch**
- 13:15**    **Practical training in the SanArena emergency aid parcours**  
First aid skills are deepened through practical exercises based on various scenarios.  
**Wound treatment / dressing techniques**
- 17:00**    **Final discussion, Course evaluation**  
**Recommendation:**
- Wear comfortable clothes
  - If available, have test booklet/education booklet ready for course entry
  - Smartphone for course evaluation (QR code)