



SAVING 9

YOU DON'T NEED TO BE A DOCTOR TO SAVE LIVES

FIRST AID FOR THE WORKPLACE COURSE

INTRODUCTION

Saving 9's mission is to equip citizens with first aid skills and to help set up emergency response systems in far flung areas so that no lives are lost as a consequence of delayed medical care.

PURPOSE

TO TRAIN MEDICAL FIRST RESPONDERS

This curriculum is part of Saving 9's program to prepare citizens to deal with emergency situations, as these can strike at any time. Saving 9 operates in both urban and far-flung areas in Pakistan. This curriculum document will cover the courses Saving 9 offers in urban areas.

The primary aim of the urban areas program is to prepare rigorously trained and certified citizens in first aid in order to increase safety and emergency response capacity in these cities. Saving 9 offers three separate courses in urban areas:

- 1) **Medical First Responder Course (MFR)**
- 2) **First Aid for the Workplace**
- 3) **First Aid for Schools**

S9's courses have been developed in collaboration with experts at Columbia University (USA), Comprehensive Disaster Response Services (CDRS) and Shifa International Hospital.



A participant practicing how to assess a patient's vital signs

CONTEXT

PAKISTAN HAS INADEQUATE RESCUE SERVICE COVERAGE

Pakistan is a country with an over-stretched and under-resourced emergency response system. The country is beset by natural disasters, terrorist attacks, as well as everyday hazards such as poor safety standards in factories. There is a large body of research which indicates that many of the casualties that occur during these incidents could have been avoided, and lives saved, if bystanders had been aware of first aid procedures.

THE DATA



Only 4.1% of patients reach via ambulance to the emergency ward on time



Only about 10% survive if treated after 6 minutes



More than 1000 savable lives are lost each year because of emergency delays

THE S9 TEACHING APPROACH



Demonstration of the three-person-lift technique for transporting a patient

PHILOSOPHY

MINDSET MATTERS AS MUCH AS SKILLS

Saving 9's teaching philosophy is centered around the idea that effective dealing with an emergency requires building not only competence over medical theory and skills, but also the dispositions and mental resilience to keep calm and act quickly.

Building Knowledge & Skill

S9's courses integrate theory with practice, and emphasize learning through simulations and extensive work with first aid equipment. Teaching also takes into consideration the particular needs of the local community, and emphasis is put on how to

manage without proper equipment. Our trainers are also prepared to include candidates with disabilities, and to accommodate those with different paces of learning.

Fostering Mental Resilience

Candidates will go through activities such as role play and breathing exercises; and over time grow in their abilities to make quick decisions, as well as learn how to be empathetic, reassuring and professional when handling emergency situations.

THE S9 APPROACH



Local Context Consideration



Differentiation of Instruction



Role Play



Emphasis on Improvisation



Continuous Learning



Mindset Building



Special Needs Accommodation

THE S9 WORKPLACE COURSE

The Workplace Course prepares participants comprehensively for emergencies that are likely to be encountered in office and factory settings

OVERVIEW

DURATION: ½ OR 1 DAY

An emergency can strike any time and at any place. This is why it is essential for people in the workplace, whether they are in offices or in a factory, to know essential first aid.

The S9 Workplace course is customizable to the particular needs of each organization. Through hands-on training, we provide instruction in how to deal with emergencies such as:

- ❖ Heart attack and stroke
- ❖ Fractured bones
- ❖ Obstructed airways
- ❖ Severe bleeding
- ❖ Poisoning
- ❖ Psychological and stress-induced emergencies
- ❖ Burns

After successfully finishing the course, participants will receive S9 certificates of course completion.*



A candidate practicing opening the airway of an unconscious patient

S9's courses are aligned with United States' National First Responder curriculum, and where pertinent, the United States' National EMT Curriculum. Our cardiac emergency protocols are aligned with American Heart Association's standards, and our psychological emergency training is aligned with the World Health Organization's standards.



"Very professional, engaging and supportive instructors!"

Sayyed Masud
Managing Director, Channel 7



"Led by a very impressive leadership team, S9's trainings are paradigm changing and transformative!"

Briggs Prashar,
CEO, Educator Hack | Columnist, Forbes

*Completion of the S9 MFR course does not lead to licensure or guarantee of employment by rescue services.

CUSTOMIZABLE MODULES AT A GLANCE



Section 1 Preparation

An overview of all the considerations and preparation that should be taken when an emergency occurs – before actually approaching the patient or the site of the critical situation.



Section 2 Patient Assessment

Candidates will learn how to assess a patient's vital signs, do an Initial Assessment and carry out a comprehensive physical exam for injuries.



Section 3 Airway Management

Candidates will learn how to assess, open and maintain a patient's airway, as well as how to provide emergency oxygen therapy.



Section 4 Shock & Resuscitation

Candidates will learn how to provide pre-hospital care for medical shock, and how to provide cardio-pulmonary resuscitation.



Section 5 Trauma Emergencies

Candidates will learn how to assess and provide care for physical injuries, including bleeding, fractures, neck, chest and spinal injuries, as well as burns (including electrical).



Section 6 Medical Emergencies

Candidates will learn how to assess and provide care for medical emergencies such as heart attacks, seizures, poisoning and brain strokes.



Section 7 Psychological Emergencies

Candidates will learn how to assess and provide care for critical behavioral situations such as panic attacks, affective symptom presentation and suicidal depression.



Section 8 Special Condition Patients

Candidates will learn how to assess and provide care for patients that require special considerations such as those with disabilities, the elderly and pregnant women.



Section 9 Operations & Transport

Candidates will learn how the larger EMS systems function, and how to transfer patients from the scene to the hospital.

REGISTRATION



A student practicing stabilizing an impaled object in the eye

SCHEDULING

4 HOURS OR 8 HOURS

Saving 9 offers both half-day and full-day workshops. The below durations are inclusive of breaks.

Half Day: 4 hours

Full Day: 8 hours

These workshops can be organized on both weekdays and weekends, and exact timings can be finalized with the interested organization.

An exact syllabus is formulated in collaboration with the interested organization, though Sections 1-4 (see modules on previous page) are highly

recommended for most workplace contexts.

PAYMENT

MUST BE MADE IN ADVANCE

Saving 9's workplace courses offer high value for price. Payment must be made in full via bank check on an agreed timeline before the date the workshops are to be held on.

We charge Rs. 500 per participant per hour, for a minimum of 5 participants.

FEE STRUCTURE

Half-Day Course

Rs. 2000 per participant

Full-Day Course

Rs. 4000 per participant