

Course Title	Health, Safety and First Aid				
Course Code	CDPA-114				
Course Type	Required				
Level	Diploma				
Year / Semester of Study	1 st year/ 2 nd Semester				
Lecturer's name	TBA				
ECTS	6	Lectures/Week	3 hours per week	Laboratories/ Week	N/A
Course Aim	This course is designed to examine the health and safety within the household. Particular emphasis is placed upon the application of first aid techniques, such as the treatment of superficial injuries such as scratches, burns as well as first-aid steps to food poisoning, choking and general hazards (earthquakes and fire prevention).				
Learning Outcomes	By the end of the course, students are expected to: •be able to acknowledge the importance of first aid in the hospitality industry; •be able to learn the functions of the human body and the actions to be taken when something goes wrong with it; •be able to identify the different accidents that may happen in any hotel and offer help in case of those emergencies; •be able to be of service to any casualties: to alleviate occasionally, even to save a life; and •be able to prevent fire.				
Prerequisites	NONE	Corequisites	NONE		
Course Content	What Is First Aid?: Being a First Aider. Action At An Emergency: First Aid at an Emergency; Telephoning for Help; Multiple Casualties; Road Accidents; Fires; Electrical Injuries; Rescue from Drowning; Stress. The Practice Of First Aid: Initial Assessment; Making a Diagnosis; Removing Clothing; Treatment and Aftercare. Resuscitation: Breathing and Circulation; Principles of Resuscitation; The Resuscitation Sequence; Resuscitation Techniques; Resuscitation for Children. Disorders Of The Respiratory System: The Respiratory System; Disorders of Respiration; Airway Obstruction; Inhalation of Fumes; Breathing Difficulties. Wounds And Bleeding: Blood Clotting; Types of Wound; Severe External Bleeding; Bleeding at Special Sites; Major Wounds; Internal Bleeding; Minor Wounds; Infection in Wounds. Disorders Of Consciousness: The Nervous System; Unconsciousness; Head Injuries; Convulsions; Stroke; Other Disorders.				

	Bone, Joint, And Muscle Injuries: Bones, Joints, and Muscles; Types of Injury; Injuries to the Face and Jaw; Injuries to the Upper Limb; Fractures of the Ribcage; Back Injuries; Fractured Pelvis; Injuries to the Lower Limb. Burns And Scalds: The Skin; Assessing a Burn; Minor Burns and Scalds; Severe Burns and Scalds; Special Types of Burn. Effects Of Heat And Cold: The Body Temperature; Effects of Extreme Cold; Effects of Extreme Heat. Poisoning: What Is a Poison?; Household Poisons; Drug Poisoning; Industrial Poisons; Alcohol Poisoning; Poisonous Plants; Food Poisoning. Miscellaneous Conditions: Fever; Headache; Earache; Toothache; Sore Throat; Abdominal Pain; Hernia; Vomiting and Diarrhoea; Vertigo; Cramp; Hysteria; Hiccups; Allergy; Illness and Overseas Travel. Dressings And Bandages: First-Aid Materials; Dressings; Cold Compresses; Bandages; Roller Bandages; Tubular Gauze; Triangular Bandages. Handling And Transport: Manual Moves; Moves Using Equipment; Stretchers; Rescue by Helicopter; Regulations and Legislation. Fire Safety: The Importance of Fire Prevention; Several Potential Fire Hazards; Reporting a Faulty Item, How Fire Starts and Spreads; Effective Application of Extinguishers.										
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.										
Bibliography	Required: Title: First Aid Manual Author(s): St John Ambulance Publisher: Dorling Kindersley Edition: Latest ISBN: 0-7513-7048										
Assessment Policy		<table><tr><td>50 %</td><td>Final Exam</td></tr><tr><td>0 – 40 %</td><td>Mid –Term / Tests / Quizzes</td></tr><tr><td>0 – 20 %</td><td>Homework</td></tr><tr><td>0 – 10 %</td><td>Class Attendance & Participation</td></tr></table>	50 %	Final Exam	0 – 40 %	Mid –Term / Tests / Quizzes	0 – 20 %	Homework	0 – 10 %	Class Attendance & Participation	
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Language	ENGLISH										