



## **FIRST AID 2021**

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<b>Target Group</b>	<p>First Aid is:</p> <ul style="list-style-type: none"><li>• offered to all staff of the Ministry of Foreign Affairs (MFA) at Headquarters.</li><li>• recommended for MFA staff on their way to posting / duty travel to locations with inadequate health services.</li><li>• mandatory for MFA staff on their way to posting / duty travel to high risk locations (prior to the course Hostile Environment Awareness training (HEAT)).</li><li>• available to individual advisors under contract with the MFA, members of Denmark's Peace and Stabilisation Response (FSB), and Special Attachés - prior to HEAT and by invitation only.</li></ul>
<b>Purpose and Objectives</b>	<p>Provides the knowledge and confidence to take the right steps in recognizing and responding with appropriate First Aid interventions in emergency situations in Denmark as well as in other countries. Main aims are to preserve life, protect the casualty from further harm, relieve pain, prevent injury or illness from becoming worse, and provide reassurance to the casualty.</p>
<b>Form</b>	<p>One day course, with an effective combination of theory and practical exercises involving all participants actively throughout. Participants should therefore wear practical informal clothing.</p>
<b>Content</b>	<p>The course is based on the latest internationally recognized standards for emergency first aid and comprises:</p> <ul style="list-style-type: none"><li>• Central principles of first aid, chain of survival;</li><li>• Assessment of the situation and initial prevention of further harm, prioritization of response, recovery position;</li><li>• Anatomy;</li><li>• Airways, Breathing and Circulation (ABC);</li><li>• Cardiopulmonary resuscitation (CPR);</li><li>• Use of automated external defibrillators (AEDs);</li><li>• Life-saving first aid: bleeding, choking, fractures, head wounds, burns, poisoning, corrosion, hypothermia/heatstroke, electrical shock, first aid especially relevant to risk environments;</li><li>• Procedures for requesting assistance (both in a Danish context and in other environments).</li></ul>
<b>Instructors</b>	<p>Highly experienced instructors, who make extensive use of practical examples from their daily work as ambulance paramedics.</p>
<b>Language</b>	<p>Normally Danish. The course will be delivered in English if there are participants who do not understand Danish. Written/printed material is in Danish or English.</p>
<b>Duration</b>	<p>One day from 09:00 until approx. 17:00.</p>



## MINISTRY OF FOREIGN AFFAIRS OF DENMARK

### Registration

MFA staff with intranet access can self-register via [Campus](#). Participation by FSB, MFA Advisors, and Special Attachés is by invitation only and requires a registration on Campus. Please contact [elearning@um.dk](mailto:elearning@um.dk) if you are not registered on Campus.

### Contact person

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