

# DAN Training & Education

Dive safety begins with me.



The first step in being prepared to handle a diving emergency is education. DAN's hands-on courses actively teach divers about fundamental safety principles to take immediate action and care for an injured diver.



## DAN First Aid Course

The DAN First Aid course represents training designed to educate persons with a CPR/Basic Life Support (BLS) certification in providing first aid to adult victims with non-immediately life-threatening injuries.

Although the course was designed to be taught together with the DAN BLS course, it can also be offered as extra module to those who already have a DAN BLS or other BLS certification, respecting ERC guidelines. In a real accident situation first aid skills are the next step after providing effective BLS.

## Course Objective

The DAN First Aid provider programme is designed to teach the knowledge and skills needed to provide first aid to adults in non-immediately life-threatening situations (or after having provided BLS in life threatening situations). First aid consists out of several techniques that relieves pain, stop injury from getting worse and can determine the type of injury or illness.

## Recommended minimum hours of training:

Knowledge development (lecture) = three to four hours

Skills development (practice) = five to six hours

This course should be taught as an eight- to ten-hour module. The time needed to teach the course varies and depends on many factors including the number of students and their ability to process the educational components of the programme.

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## Learning Objectives

At the end of the DAN First Aid programme, course participants will be able to:

- Explain what first aid is and why to use these techniques
- Perform an injury assessment
- Describe how to react if a head or spinal injury is expected
- Perform an illness assessment including taking vital signs and the “SAMPLE” procedure
- Describe the signs, symptoms and first aid techniques for the major medical emergencies:
  - Breathing difficulties
  - Hyperventilation
  - Asthma
  - Heart problems
  - Severe abdominal pain
  - Altered level of consciousness
  - Allergic reaction
  - Diabetic emergencies (hyperglycaemia and hypoglycaemia)
  - Poisoning (swallowed, inhaled and absorbed poison)
  - Stroke
  - Convulsions
  - Alcohol and drug intoxication
- Secure and bandage a wound
- Splint a dislocated or fractured limb
- Explain when it is necessary to immobilise the injured limb

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- Lift and move an injured person by using an adequate technique
- Explain when it is necessary to move/lift an injured person
- List the potential hazards when moving/lifting an injured person
- Explain at least two techniques to move/lift an injured person (Rautek method and log roll)
- Describe the signs, symptoms and first aid techniques for the following temperature-related injuries:
  - Mild and severe hypothermia
  - Frostbites
  - Heat exhaustion
  - Heat stroke
  - Burns