

ERASMUS+ PROGRAMME 2014-2020  
Mobility of Individuals – Mobility of VET learners

## Professionally applying first aid in emergency situations

### Description and Goals

Experiencing professional training in Germany, thus getting to know its culture and regional differences and specialties paired with the latest developments in education and the labour market in the emergency rescue services are the essence of this training programme.

After completing this mobility programme, the learner will be able to self-responsibly apply basic lifesaving measures. The acquired knowledge skills and competences can be applied in a variety of contexts – both at the work place (hospital, care homes, medical offices etc.) and in private life, no matter whether the casualty is encountered indoors or outdoors.

During a two-week training programme the learner will acquire the knowledge and skills necessary to:

- rescue a casualty from a danger zone,
- assess the state of consciousness of a casualty,
- place an unconscious casualty in recovery position,
- demonstrate cardio pulmonary resuscitation, and to
- treat open wounds and control bleeding

A third training week can be added to the programme. The participant will learn how to deal with:

- airway obstruction,
- injuries to bones, joints and muscles,
- shock,
- poisoning, and
- internal medicine emergencies (e.g. stroke, diabetes, asthma).

Given the wide range of topics that will be covered, the focus can be shifted according to the target group thus the programme is suitable for various professions. The training also includes several visits to medical and first aid organisations and institutions.

In addition to the technical content of the programme the learners will get the chance to improve their language and soft skills and experience Dresden through cultural visits and other free time activities.

### Target group

VET Learners of public or private schools training in the field of health and social care who would like to expand their skill set by discovering relevant aspects and approaches of training in that field in Germany as well as German culture.

### General Information

#### Place

WBS TRAINING AG Dresden (Other places on request and availability).

#### Duration

2 or 3 weeks (see details in learning outcomes)  
Lessons from Monday – Friday 9.00 – 14.30 (longer hours are possible on request)

**Number of participants**  
14-20

**Training Language**  
English or German (level A2 required)

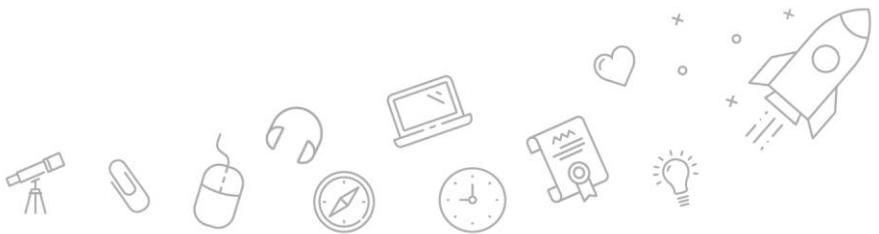
### Contact

For further information on the training programme and for support with the project application, please feel free to contact:

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The intensity and complexity of the Units can be varied according to the previous knowledge and qualification of the participants.

## Learning outcomes

### Professional Competences

#### *Unit 1: Acting responsibly in emergency situations (Week 1 and 2)*

- Outlining legal aspects of first aid
- Explaining the duty of care in emergency situations
- Explaining the most important hygiene rules in emergency situations
- Describing how to minimise the risk of infection to self and others
- Self-responsibly assessing dangers to oneself and others when arriving at the place of an accident

#### *Unit 2: Encountering a casualty (Week 1 and 2)*

- Identifying how and when to call for help when encountering a casualty or when arriving at the place of an accident
- Making a primary survey of a casualty and recognize life-threatening conditions
- Rescuing a casualty from the danger zone with appropriate measures Assess the state of consciousness of a casualty and decide on appropriate immediate actions
- Placing an unconscious casualty in recovery position

#### *Unit 3: Professionally administering basic life saving measures (Week 1 and 2)*

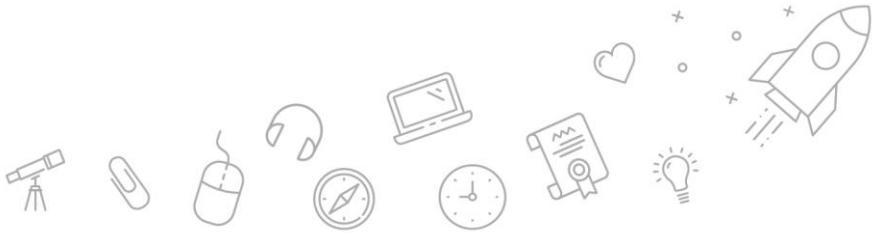
- Demonstrating Cardio Pulmonary Resuscitation
- Applying AED (Automated external defibrillator) for resuscitation
- Treating open wounds and control bleeding
- Taking off the helmet of road traffic victims
- Demonstrating first aid measures for children

#### *Unit 4: Advanced life support (Week 3)*

- Positioning a casualty using stretchers and vacuum mattress
- Monitoring and measuring vital functions and to recognize deviations (Breathing, consciousness, circulation (blood pressure, pulse))
- Applying subcutaneous injections
- Establishing an intravenous access
- Recognizing symptoms of shock and applying a customized treatment
- Recognizing symptoms of full or partial airway obstruction and applying appropriate measures
- Recognizing and managing a casualty suffering from injuries to bones, joints and muscles
- Recognizing symptoms of poisoning and initializing appropriate measures
- Recognizing internal medicine emergencies (e.g. stroke, diabetes,

### Project Funding

The costs for this training programme can be fully or partially (depending on the number of participants) covered by project funding from the Erasmus+ programme (Key Action 1: Mobility). Please contact your National Agency for information on funding details.



asthma) and initializing appropriate measures

- Attending to a casualty that was in risk of drowning
- Supporting medical staff in further medical emergency treatments

## Personal Competences

*Unit 5: Working in a team confidently and self-responsibly (Week 1 and 2)*

- Sharing information with the team
- Listening to other team members' ideas and phrasing feedback adequately
- Assuming the own role and taking responsibility for own activities
- Describing first aid measures in **English** using adequate terminology

## Methods

The practical training course uses a learner-centred approach. After an introductory lecture by the trainer, the learners will mainly work in pairs or groups to fulfil various tasks assigned to them by the trainer and their work group members in order to simulate real work situations.

An essential element of the training is the simulation of emergency situations, which asks the learner to apply his or her newly acquired knowledge and skills, and which offers the opportunity to practice first aid measures while receiving valuable feedback from the trainer.

The learners will also experience some units through guided tours and study visits which will be prepared and debriefed in order to direct the focus onto the learning objective.

Other methods used in the training course will be:

- brainstorming and mind mapping
- observing and describing
- group discussions
- presentation and demonstration

## Assessment and Certification

In order to obtain reliable statements on whether all learning outcomes have successfully been achieved, a final assessment will be carried out. It will take place on the last training day; the participants will work in groups of 3 to 5 learners.

To assess whether the learner are able to independently administer first aid measures in emergency situations, one of the following simulated medical emergency situations will be assigned to the learners' group:

- Encountering an injured person, assessing the state of consciousness and putting him / her in recovery position
- Demonstrate Cardio Pulmonary Resuscitation, with and without applying an AED
- Treat open wounds and control bleeding

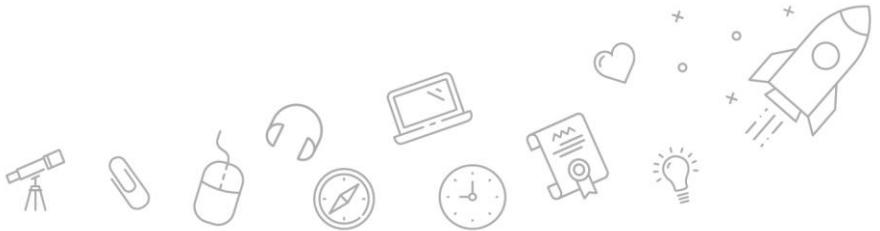
As assessment task, the students are to:

- Describe how to diagnose the given medical emergency

## Accommodation and Subsistence

Accommodation, subsistence, public transport tickets and cultural programme can be organised according to your wishes.

Please see financial offer for further details of the included services.



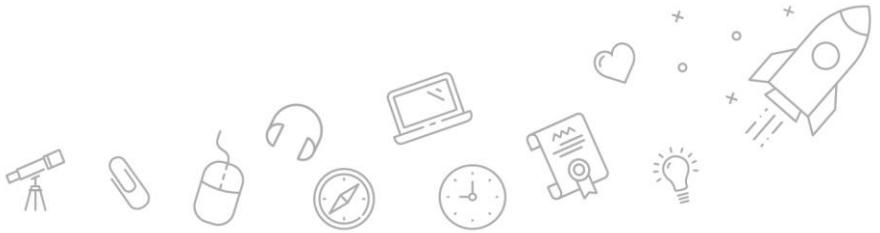
- Conclude which immediate life-saving measures are to be taken
- Describe the proceedings step by step
- Demonstrate each step with the help of their fellow students, manikins and other equipment
- Use appropriate terminology when describing first aid measures
- Answer the assessor's further questions referring to the acquired knowledge of the unit

Upon successful completion of the mobility, the learners will receive a certificate by WBS TRAINING, supplemented by the description of learning outcomes according to the European Credit System for Vocational Education and Training (ECVET) principles. ECVET facilitates the transfer and recognition of learning outcomes acquired in another country and supports transparency of qualifications. WBS TRAINING also supports the sending organization in issuing the Europass mobility.

### Cultural Programme

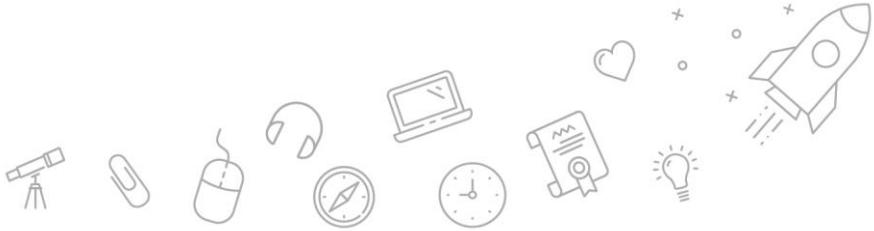
Dresden offers a wide variety of cultural, free time and physical activities. With plenty of museums, such as the famous *Historic Green Vault*, the *Old Masters Picture Gallery*, the *Technical Museum*, or the *German Museum of Hygiene*, everyone's taste can be met. Parks and gardens with the option to relax, to work out or to play a ball game, picturesque viewpoints, and many other places of interest just wait to be discovered. Not to forget the city Dresden itself: More than 800 years old, the city looks back to a long and exciting history. The lively *New Town* as well as the *Old Town* with its historical buildings – mostly reconstructed and renewed after the World War II – and the river *Elbe* are definitely worth seeing!

We will provide you an overview about all the things in and around Dresden and help you to decide, what to do. Depending on entrance fees, extra costs for transport, and/or different costs for services, additional expenses may arise.



## Programme proposal Professionally applying first aid in emergency situations

Date	Programme	
Sunday, Day 1	<b>Welcome</b> at Dresden Airport/Main Station <b>Arrival</b> at Hostel	
Monday, Day 2	09:00 – 9:30	<b>Introduction</b> Clarification of organisational issues, introduction of the project and the tasks for the following weeks, meeting your contact person and mentor, presentation of the host organisation
	09:30 – 14:30	<b>Training: Knowledge of anatomy for first aid</b>
Tuesday, Day 3	09:00 – 12:30 12:30 – 14:30	<b>Training: Knowledge of anatomy for first aid</b> <b>Study Visit: The German Museum of Hygiene</b> The Human Adventure: Hands-on-learning activities of the topics living and dying, eating and drinking, sexuality, remembering, thinking, learning, motion and beauty, skin and hair
Wednesday, Day 4	09:00 – 14:30	<b>Training: Monitoring and measuring vital functions and recognize deviations:</b> <ul style="list-style-type: none"><li>– Breathing</li><li>– Consciousness</li></ul>
Thursday, Day 5	09:00 – 11:30 11:30 – 14:30	<b>Study Visit: Dresden University Hospital</b> Exploring working conditions at a modern and manifold hospital in Germany. Learning about job prospects and qualification profiles. <b>Training: Monitoring and measuring vital functions and recognize deviations:</b> <ul style="list-style-type: none"><li>– Circulation (Blood pressure, pulse)</li></ul>
Friday, Day 6	09:00 – 14:30	<b>Training: Professionally administering first aid for adults and children</b> <ul style="list-style-type: none"><li>– Rescue services in Germany</li><li>– Encountering a casualty</li><li>– Emergency call.</li></ul>
Saturday, Day 7	Weekend at the disposal of the students, WBS makes suggestions for the students and helps to organize weekend activities, e.g. trip to Dresden* Green vault, Saxon Switzerland	
Sunday, Day 8		
Monday, Day 9	09:00 – 14:30	<b>Training: Professionally administering first aid for adults and children</b> <ul style="list-style-type: none"><li>– Recovery position</li><li>– Taking off the helmet</li></ul>
Tuesday, Day 10	09:00 – 14:30	<b>Training: Professionally administering first aid for adults and children</b> <ul style="list-style-type: none"><li>– Lifesaving emergency measures</li></ul>
Wednesday, Day 11	09:00 – 14:30	<b>Training: Professionally administering first aid for adults and children</b> <ul style="list-style-type: none"><li>– Resuscitation (with and without AED)</li></ul>
Thursday, Day 12	09:00 – 12:30 12:30 – 14:30	<b>Study Visit: Fire and Rescue Station Dresden Übigau</b> Modern standards in emergency services in Germany. Exploring equipment and working conditions of paramedics in Germany. <b>Training: Professionally administering first aid for adults and children</b> <ul style="list-style-type: none"><li>– Wound Care (bandages)</li></ul>



Friday, Day 13	2 weeks course: <b>09:00 – 11:30</b> <b>Training: Open Questions and Preparation for Final Assessment</b> <b>11:30 – 14:00</b> <b>Final Assessment</b> - Giving final presentations about the individual project work - Assignment of a individual simulated medical emergency situations - Assessment of the newly acquired knowledge <b>14:00 – 14:30</b> <b>Project Closure:</b> Project evaluation, handing out of certificates	
	3 weeks course: <b>09:00 – 14:30</b> <b>Training: Professionally administering first aid for adults and children</b> - Paediatric emergencies	
Saturday, Day 14	Departure	
Saturday, Day 14	... or continuation with training Weekend at the disposal of the students, WBS makes suggestions for the students and helps to organize weekend activities, e.g. trip to Dresden Green vault, Saxon Switzerland*	
Sunday, Day 15		
Monday, Day 16	<b>09:00 – 14:30</b>	<b>Training: Specialized Emergency Medicine</b> – Intubation – Intravenous access, Intraosseous access
Tuesday, Day 17	<b>09:00 – 14:30</b>	<b>Training: Specialized Emergency Medicine</b> – Positioning of a casualty (vacuum mattress, scoop stretcher) Exploring world famous paintings and art collections in one of the foremost museums of the world. Discover a total of 14 museums with an exceptionally wide thematic diversity.
Wednesday, Day 18	<b>09:00 – 14:30</b>	<b>Training: Specialized Emergency Medicine</b> – Drowning – Poisoning
Thursday, Day 19	<b>09:00 – 14:30</b>	<b>Training: Specialized Emergency Medicine</b> – Internal-medical emergencies – Surgical emergencies (polytrauma, traumatic brain injury, fractures)
Friday, Day 20	<b>09:00 – 11:30</b> <b>11:30 – 14:00</b>	<b>Training: Open Questions and Preparation for Final Assessment</b> <b>Final Assessment</b> - Giving final presentations about the individual project work - Assignment of a individual simulated medical emergency situations - Assessment of the newly acquired knowledge <b>14:00 – 14:30</b> <b>Project Closure:</b> Project evaluation, handing out of certificates
Saturday, Day 21	Departure	

Training programme/Description of practical training units  
[Study visit](#)

Last update: 27 November 2017