

DO YOU KNOW HOW TO TACKLE AN EMERGENCY MEDICAL SITUATION ?

Learn the

Causes	Signs and Symptoms	Treatment
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JOIN OUR

MEDICAL RESPONDER PROGRAMME



What is First Aid

It is the immediate care or assistance given to a person who has been injured or suddenly become ill, from the moment of the accident until availability of specialized medical care.

Scene Survey

The role of a first aider is to give help, while making sure that they and anyone else involved are safe and that they don't make the situation worse.

5 things to keep in mind as a first aider:

- Assess the situation quickly and calmly:
- Protect yourself and them from any danger:
- Prevent infection between you and them:
- Comfort and reassure:
- Assess the casualty:



First Reaction

Assess the situation quickly and calmly:

- Safety: Are you or they in any danger? Is it safe for you to go up to them?
- Scene: What caused the accident or situation? How many casualties are there?
- Situation: What's happened? How many people are involved and how old are they? What do you think the main injuries could be?



Prevent infection between you and them:

- Wash your hands or use alcohol gel
- Wear disposable gloves
- Don't touch an open wound without gloves on
- Don't breathe, cough or sneeze over a wound or a casualty



Assess the casualty:

- If there's more than one casualty, help those with life-threatening conditions first
- Start with the Primary Survey and deal with any life-threatening conditions
- Then, if you've dealt with these successfully, move on to the Secondary Survey



Protect yourself and them from any danger:

- Always protect yourself first - never put yourself at risk
- Only move them to safety if leaving them would cause them more harm
- If you can't make an area safe



Comfort and reassure:

- Stay calm and take charge of the situation
- Introduce yourself to them to help gain their trust
- Explain what's happening and why
- Say what you're going to do before you do it



Program Details

MODULES

- Using a defibrillator (AED)
- Anaphylaxis
- Poisoning
- Cuts and grazes
- Fractures and dislocations
- Asthma
- Head injuries
- Drowning
- Heavy Bleeding
- Burns
- Cardio-Pulmonary Resuscitation (CPR)
- Shock

ELIGIBILITY

Level 1 – Basic program

- Class 6-8

Level 2 – Intermediate program

- Class 9-10

Level 3 – Advanced program

- Class 11-12

DURATION

Each Level is of 2 Days

3 hrs per day

METHODOLOGY

Each level comprises of theory classes for 3 hours as well as hand on practical training with equipments and dummies.

EXPERT

Amit Punj
Mountaineer and Wilderness First Aid/Outdoor Educator.

A bright, talented and ambitious mountaineer who possesses a vast wealth of knowledge and experience in the field of mountaineering, trekking and imparting wilderness first aid and outdoor education.



A quick learner who can quickly absorb new situations and can communicate clearly and effectively. Amit did his Basic Mountaineering Course from Jawahar Institute of Mountaineering (A-Grade), Pahalgam, J & K, in the year 2015 and was given consolation prize, being one of the best 7 trainees amongst the group of over 80 trainees.

Amit did Advance Mountaineering Course from Nehru Institute of Mountaineering, Uttarkashi, Uttarakhand, which is one of the most prestigious Mountaineering Institute in Asia and world, with

A-Grade. Amit has scaled many peaks including DKD-2, Mount Yunam, Friendship Peak etc. and has experience of doing/traversing almost all treks, including some of the toughest and high altitude

treks in Uttarakhand and Himachal Pradesh, most of them in alpine style. Amit has done various Medical Responder/First Aid courses including Wilderness First Responder course from NOLS (National Outdoor Leadership School, USA) and Wilderness First Responder Course from Hanifl Centre, Mussourie. Amit has vast experience in providing outdoor education and wilderness medicine/first aid education to various school and college students, and has conducted various outdoor camps, First Aid training camps, rock climbing camps, wilderness survival camps etc. in Uttarakhand and Himachal Pradesh.

Team Strategize

WHO WE ARE

Knowledge of first aid promotes a healthy, secure and a safer environment, and instils confidence amongst people, their families, their colleagues and associates. Basic first aid knowledge is very helpful in dealing with trauma situations. Not just the medical help they provide, but the confidence they exhibit is very helpful during casualties. Being trained to provide first aid is useful to oneself and society. available in hand.

Since, March 2020, not only is the world and particularly, India facing the deadly "COVID19"

threat but the fact that the education at all levels have been highly compromised. And it ar'nt going away, anytime soon. Team Strategize in it's own way has been trying to help schools and the student population, to retain their original self and do what they do, best... Teach and Study.

Our program aims to provide skills and knowledge to student who will be able to tackle any emergency situation aptly in cases where medical facility is not available in hand.

TS TEAM



Malobika Sengupta
Co-Founder

Ms Sengupta is an effective, dynamic and a passionate CEO with over 25 years of marketing experience and has an exceptional ability to handle and manage teams. She is an apt example of the dictum that knowledge is power.



Monalisa Mallick
Co-Founder

Ms Mallick is an Alumna of the University of Delhi and Indian Institute of Management, Calcutta (LDP) and has worked in the field of higher education where she has been able to achieve a niche for herself. Her key skills include; developing and exploring potential business avenue wherein she has been able to penetrate into new accounts & expand existing clientele.

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For more information, kindly visit
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