First Aid

Thematic plan of practical classes for the first semester 2026/2027
for 1st-year students
Faculty of Foreign Students

Lesson number	Topic, study questions
Lesson 1. (2 h) 07.09-12.09.2026	**Topic 1. First aid rules** 1. First aid rules. 2. Types of medical care. 3. Personal safety in first aid. 4. Assessment of the scene. 5. Legal aspects in the provision of first aid. 6. General provisions of asepsis and antisepsis. 7. General characteristics of antiseptics. 8. Rules for conducting hygienic antiseptics of the skin of the hands. 9. Personal protective equipment.
Lesson 2. (2 h) 14.09-19.09.2026	**Topic 2.1 Terminal states. Cardiopulmonary resuscitation** 1. Rules, procedure, sequence of examination of the victim, assessment of the condition, laying the victim in a "recovery" position, calling an ambulance (emergency) medical team. 2. Characteristics of the pulse, research technique on the radial and carotid arteries. 3. Types and frequency of breathing, counting the number of respiratory movements. 4. Blood pressure indicators, measurement technique. 5. Thermometry, measurement technique.
Lesson 3. (2 h) 21.09-26.09.2026	**Topic 2.2 Terminal states. Cardiopulmonary resuscitation** 1. The main criteria for assessing impaired consciousness, respiration, circulation. 2. Terminal states, types. 3. Signs of clinical death. 4. Signs of biological death.
Lesson 4. (2 h) 28.09-03.10.2026	**Topic 2.3 Terminal states. Cardiopulmonary resuscitation** 1. Cardiopulmonary resuscitation. Carrying out basic resuscitation measures. 2. Criteria for the effectiveness of cardiopulmonary resuscitation. 3. Indications for termination of cardiopulmonary resuscitation. 4. Mistakes and complications arising from cardiopulmonary resuscitation.
Lesson 5. (2 h) 05.10-10.10.2026	**Topic 3 First aid for wounds and bleeding** 1. Wounds, general characteristics, types. 2. Bleeding, types. The main signs of acute blood loss. 3. Methods for stopping bleeding. Ways of temporary and final stop of bleeding. 4. Rules and technique for applying a hemostatic tourniquet and pressure bandage. 5. Stop bleeding with the help of improvised means. 6. Internal bleeding, main symptoms, first aid. 7. Animal bites, first aid. 8. The main types of imposition of soft bandages. Bandages. Bandages from improvised means.
Lesson 6. (2 h) 12.10-17.10.2026	**Topic 4.1 First aid for open and closed injuries, injuries. Transport immobilization** 1. Classification, signs of damage to bones and joints. 2. Bruises and sprains. 3. Rules for applying transport tires and tires from improvised hard material, the technique of applying soft bandages. Transportation of the victims, features of shifting. 4. Dislocation: signs, first aid. 5. Fractures: signs, first aid.
Lesson 7. (2 h) 19.10-24.10.2026	**Topic 4.2 First aid for open and closed injuries, injuries. Transport immobilization** 1. Rules for applying transport tires and tires from improvised hard material, the technique of applying soft bandages. 2. Features of transport immobilization in fractures of the spine, collarbones, ribs, pelvic bones, humerus, bones of the forearm, bones of the hand, femur, bones of the lower leg, bones of the foot. 3. Transportation of victims, features of shifting.
Lesson 8. (2 h) 26.10-	**Topic 5.1 First aid for head and chest injuries** 1. Head injuries, general characteristics, types. Signs of traumatic brain injury. 2. First aid for head injuries.

31.10.2026	3. Features of first aid for eye injuries. 4. First aid for bleeding from the nose, ear.
Lesson 9. (2 h) 02.11- 07.11.2026	**Topic 5.2 First aid for head and chest injuries** 1. Chest injuries, general characteristics, types. The main signs of a chest injury. 2. The concept of the types of pneumothorax. First aid for open pneumothorax. 3. First aid for chest injuries. 4. Features of applying a bandage in case of an open chest injury, a wound with a foreign body. 5. Transportation of victims with head and chest injuries.
Lesson 10 (2 h) 9.11- 14.11.2026	**Topic 6 First aid for abdominal injuries** 1. Injuries of the abdomen, general characteristics, types. The main signs of abdominal trauma, closed abdominal trauma with signs of internal bleeding and organ damage. 2. First aid for abdominal injuries. 3. Features of applying dressings for open trauma of the abdomen, a wound with a foreign body. 4. Transportation of victims with abdominal injuries. 5. Syndrome of prolonged compression, main symptoms, first aid, features of transport immobilization.
Lesson 11 (2 h) 16.11- 21.11.2026	**Topic 7 First aid for shock conditions** 1. Shock, causes, signs, types, first aid. 2. Measures to prevent the development of shock. 3. Hypovolemic shock, causes, signs, first aid. 4. Traumatic shock, causes, signs, types, first aid. 5. Allergic reactions, general and local signs, first aid. Anaphylactic shock, causes, signs, first aid. 6. Bites of poisonous insects, ticks, snakes and first aid.
Lesson 12 (2 h) 23.11- 28.11.2026	**Topic 8 First aid for asphyxia** 1. Types of asphyxia, classification. 2. Signs and first aid for strangulation asphyxia. 3. Signs and first aid for obstructive asphyxia. 4. Signs and first aid for compression asphyxia. 5. First aid for drowning.
Lesson 13 (2 h) 30.11- 05.12.2026	**Topic 9 First aid for exposure to physical factors** 1. Burns, general characteristics, types. 2. Rules for determining the area of the burn. 3. First aid for thermal and chemical burns. 4. Features of first aid for burns of the upper respiratory tract. 5. Heat and sunstroke, general and local signs, first aid. 6. Cold injury, general characteristics, main signs, severity, first aid. 7. Electrical injury, signs, first aid. Lightning strike, signs, first aid.
Lesson 14 (2 h) 07.12- 12.12.2026	**Topic 10 First aid for poisoning and other emergencies** 1. Fainting, causes, main signs, first aid. 2. Convulsions, types, first aid. 3. Acute heart attack, main symptoms, first aid. 4. Hypertensive crisis, main signs, first aid. 5. Violation of cerebral circulation. 6. Acute poisoning, types, signs. 7. First aid for poisons entering the body through the digestive system. 8. Rendering first aid in case of ingestion of poisons into the body through the respiratory tract, skin.
Lesson 15 (2 h) 14.12- 19.12.2026	**Topic 11 Triage at the scene of an emergency** 1. The concept of primary sorting methods, sorting according to the START (Simple Triage and Rapid Treatment) system. 2. Purposes of primary triage at the emergency site. 3. The principle of dividing victims into groups during sorting. 4. Marking of victims, types of triage cards 5. **Test control**

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