

# First Aid Level 1–3 IVR-IAS

The content of the occupational first aider training (First Aid Levels 1–3) is determined by the Interverband für Rettungswesen/Interassociation de sauvetage (IVR-IAS), the umbrella organisation that sets the standards for emergency medical assistance and defines the criteria that assure the quality of training providers.

## First Aid Level 1 IVR-IAS

This course is designed to enable participants to deliver first aid (including basic life support [BLS] and use of an automated external defibrillator [AED]). First aid can be given on the street, in the workplace, in a leisure or sport setting, at home, in the army or in a disaster.

### Topics

- Raising the alarm correctly
- Safety, personal protection and hygiene
- Spinal injuries
- Heart attacks and strokes
- Stress management and motivation for helping
- Rights and obligations
- Patient assessment
- Bleeding, patient stabilisation
- Managing road traffic

### Duration

- 2 days; 1-day refresher within 2 years

## First Aid Level 2 IVR-IAS

In the First Aid Level 2 course, participants gain a deeper understanding of first aid and basic knowledge of safety and hygiene measures in relation to bodily injuries and acute illnesses. This course equips participants to take due account of the specific requirements in work and leisure settings and deliver first aid under straightforward conditions.

### Prerequisites

- Valid First Aid Level 1 certificate

### Topics

- Basic patient assessment and observation
- Eye injuries, wound treatment, cuts, poisoning
- Electrical accidents, hypothermia, seizures
- Hypoglycaemia, breathing difficulties, burns
- Working with the emergency services
- Duty of care, documentation

### Duration

- 3 days; 1-day refresher within 2 years

## First Aid Level 3 IVR-IAS

The First Aid Level 3 training course is designed to equip suitable individuals who are in a first aid role with the skills they need to preserve health, protect and save lives, and prevent complications (in bodily injuries and acute illnesses). Holders of the First Aid Level 3 qualification serve as a link to medical professionals and can assist members of the emergency services and/or doctors in providing on-the-spot treatment.

### Prerequisites

- Valid First Aid Level 2 certificate

### Topics

- Structured patient assessment and observation (body check), disinfection, first aid kit (assessment)
- Types of shock, head and back injuries
- Brain haemorrhages, meningitis
- Mental health emergencies, ear, nose and throat complaints, blood pressure readings
- Paediatric accidents, breathing difficulties
- Splinting materials, fractures, neck braces, etc.
- Knowledge of medication, oxygen treatment

### Duration

- 5 days; 2-day refresher within 2 years



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