



GENERAL SAFETY

## SAVING GESTURES



TRAINING MATERIAL

# E-LEARNING



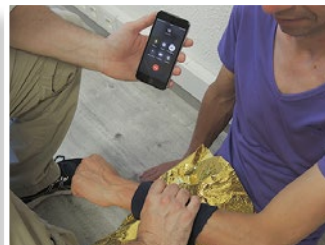
## General

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- **Material:** E-learning
- **Duration:** 25 minutes
- **Fees:** Consult us

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Knowing first aid can save a life, your own or someone else's.



## Audience

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This e-learning module is aimed at anyone wishing to learn first aid.

## Objectives of the module

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This e-learning module is aimed at anyone wishing to learn first aid.

- Ensure your own safety, that of the victim or any other person;
- Transmit to the emergency services the information necessary for their intervention;
- React to external bleeding and place the victim in an appropriate waiting position;
- Carry out first aid actions to ensure the survival of a victim who does not respond and does not react;
- React to a victim in cardiac arrest and use an automated external defibrillator.

# Module content

## Part 1: Training

### Introduction

### Chapter 1: Protection and alert

### Chapter 2: External hemorrhage

### Chapter 3: Unconsciousness and (PLS) lateral safety position

### Chapter 4: Cardiac arrest

Les gestes qui sauvent

### 1 ? Quels sont les risques ? Quelle action de protection m'éneriez-vous ?

Risques :  
• Ne pas oublier ni les risques directs ni les risques indirects.

Actions de protection :  
• Ne pas oublier ni les actions de protection marquées ni les autres.

Réponses personnalisées

Exemple 2

Clips sur l'image pour l'agrandir

Les gestes qui sauvent

### 2 Alerter

Quels numéros d'urgence ?

18 sa-peurs-pom-piers	15 SAMU
112 appels d'urgence en Union Européenne	114 accessible par SMS, fax, visio et tchat, réservé aux déficients auditifs

Réponses personnalisées

Les gestes qui sauvent

### 1 ? Qu'est-ce qu'une hémorragie ?

- Perte de sang prolongée qui provient d'une plaie ou d'un orifice.
- Imbibé de sang un mouchoir de tissu ou de papier en quelques secondes.

Une hémorragie peut temporairement être masquée par la position de la victime ou un vêtement particulièrement absorbant (manteau, blouson...)

Réponses personnalisées

Les gestes qui sauvent

### En cas d'attaque terroriste ou de situation de violence

Comment réagir ?

3 actions à retenir :

- S'échapper
- Se cacher
- Alerter

Réponses personnalisées

## Part 2: Assessment

At the end of the course, the learner is assessed. By analysing the results obtained, appropriate corrective measures can be put in place where necessary.

## Medium

This training module consists of multimedia animations: video, 2D, 3D and photographs. Ungraded tests complete each chapter.

## Usage

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Train your learners via a distance learning platform.

This e-learning module can be:

- installed on the e-learning platform provided by Fictis Prévention;
- installed on your e-learning platform.

## Customisation of the module

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This module can be customised both in terms of content and form, and we can integrate :

- your own specific characteristics: establishment, risks, instructions, etc.;
- your graphic charter.

## Related products

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**This product is also available on USB key.**

**Treated subjects by Fictis Prévention:**

- General safety
- Safety management
- Work-life balance
- Fire safety
- Musculoskeletal disorders
- Electrical safety
- Lifting equipment/handling/machinery
- Occupational road risk
- Chemical hazards/CMR/Asbestos
- Psychosocial hazards and quality of work life
- Biological hazards
- Energy conservation / Eco-gestures
- Security