

**Approximate List of Practical Skills Developed While Studying the  
Discipline "First Aid" Using Simulation Training Technologies**

1. Hand hygiene.
2. Blood pressure measurement.
3. Counting the respiratory rate.
4. Locating the carotid artery pulse and counting the radial artery pulse.
5. Performing a primary assessment of an adult casualty.
6. Performing a detailed assessment of a casualty.
7. Basic cardiopulmonary resuscitation (CPR) for an adult without an Automated External Defibrillator (AED).
8. Basic cardiopulmonary resuscitation (CPR) for an adult with an Automated External Defibrillator (AED) (not requiring defibrillation).
9. Basic cardiopulmonary resuscitation (CPR) for an adult with an Automated External Defibrillator (AED) (requiring defibrillation).
10. Basic cardiopulmonary resuscitation (CPR) for a child aged 1 to 18 years.
11. Basic cardiopulmonary resuscitation (CPR) for an infant under 1 year of age.
12. Placing a casualty in the recovery position.
13. Performing direct digital pressure on arteries (brachial, femoral, common carotid).
14. Wound tamponade for bleeding.
15. Applying a pressure bandage to a bleeding wound.
16. Applying a twist-turniquet.
17. Applying an Esmarch tourniquet.
18. Applying a Combat Application Tourniquet (CAT-type).
19. Applying a circular aseptic dressing.
20. Applying a triangular bandage (sling) for an upper limb injury.
21. Applying a soft binocular (double-eye) bandage.
22. Applying a soft figure-of-eight bandage.
23. Applying a soft spica bandage to the left shoulder joint.
24. Applying a soft spica bandage to the right shoulder joint.
25. Applying a soft "mitten" bandage.
26. Applying a soft Desault's bandage for a left clavicle injury.
27. Applying a soft Desault's bandage for a right clavicle injury.
28. Applying a soft bandage to the left eye.
29. Applying a soft bandage to the right eye.
30. Applying a soft "gauntlet" bandage.
31. Applying a bridle (pronged) bandage to the nose.
32. Applying a soft "frenulum" (head bandage under the chin) bandage.
33. Applying a soft "capeline" (cap) bandage.
34. Applying a soft divergent spica (turtle) bandage.
35. Applying a soft convergent spica (turtle) bandage.
36. Applying an occlusive chest seal (dressing).
37. Applying a spiral bandage to the chest.
38. Applying traction splints or improvised rigid splints for fractures of the lower leg bones.

39. Applying traction splints or improvised rigid splints for femoral fractures.
40. Applying splints or improvised rigid splints for fractures of the hand bones.
41. Applying splints or improvised rigid splints for humeral fractures.
42. Applying splints or improvised rigid splints for fractures of the forearm bones.
43. Applying splints or improvised rigid splints for fractures of the foot bones.
44. Applying splints, a cervical collar (Schanz type), or improvised rigid splints for cervical spine injuries.
45. Performing transport immobilization for pelvic bone fractures.
46. Performing transport immobilization for spinal fractures.
47. Providing first aid for eye burns.
48. First aid for an adult with foreign body airway obstruction (choking).
49. Removing a foreign body from the airway of an infant under 1 year.
50. Providing first aid for crush syndrome.
51. Providing first aid for a snake bite.
52. Performing triage.