

We are the revolution of
Healthcare training

We abandon traditional
Training methods

 **ASHI**
MEDIC

Be prepared to Save a Life



American
Heart
Association®



Pre-hospital Emergency Care, Health and Safety Training Program for You

Sri Lanka has a well-established nationalized health care system foundation which provides essential curative and preventative care for the country's population of nearly 21 million. Fortunately, the process of disaster emergency preparedness is similar and familiar to safety management, safety planning and emergency planning in details. Just like safety, emergency preparedness is a diverse field. Once you educate health and safety training for your organization it begins moving place and go forward to a greater level of preparedness and response capabilities. In order to provide the best, effective and well professional service to society, **American Safety and Health Institute ASHI MEDICS** would like to offer high quality International training, certificate for affordable and reliable service fee.

Introduction to Basic First Aid

An emergency First Aider has various roles and responsibilities. It is important that first aiders take these roles and responsibilities seriously as First Aid saves life potentially in an emergency situation. The role of a First Aider is to provide immediate, lifesaving, care before the arrival of further help. This could include performing procedures such as:

- ✓ Placing an unconscious casualty into the recovery position,
- ✓ Performing Cardiopulmonary resuscitation (**CPR**) and **AED** Operation,
- ✓ Stopping bleeding using pressure,
- ✓ Keeping a fractured limb still.

A First Aider's overall aim should be to preserve life. Other aims of First Aid include prevent the worsening of the patient's condition and to promote recovery. First Aid programme prepares students for all these challenging responsibilities. Our courses make a student capable of providing pre-hospital care to the patients of severe emergencies.

The definition provided by the United States National Highway Transportation and Safety Agency of Pre-hospital Emergency Services are as follows:



The levels of certification in pre-hospital care following the North American Model currently in use by The USA, The UK, Australia, South Africa, Singapore, and Sri Lanka, are as follows:

- **Basic First aid**
- **First Responder** (EMT-Level 1 in Sri Lanka) 10 days
- **Emergency Medical Technician – Basic (EMT-Level 2 in Sri Lanka)** 40 days
- **Emergency Medical Technician – Advance (EMT-Level 3 in Sri Lanka)** 3 Months
- **Emergency Medical Technician – Paramedic (UK/USA)** 2-3 Years

Each of the above levels of certification increases in its Scopes of Practice up to the MEDICS who is internationally recognized by the World Health Organization (WHO) as the highest skilled provider of Pre-hospital EMS.

Course Introduction of CPR, AED and Basic First Aid

This was created to help students develop basic first aid knowledge, skills, and the confidence to respond. 1 day or 2 days Programme

The programme helps develop basic first aid knowledge, skills, and the confidence to respond. CPR, and Basic First Aid combination training is an excellent choice for both the community and workplace setting, and is consistent with recommendations of the 2015 National First Aid Science Advisory Board and OSHA's best practices for First Aid training programmes in the workplace.

Intended audience Individuals who require or desire CPR, AED and First Aid knowledge and skills; are including emergency response teams in business and industry, Police, EMS providers, Hotels, drivers, Bank workers, Group of Holdings, Schools, Adult residential care personnel, Teachers, Parents, Babysitters and The community.

Class Configurations

Recommended Student to instructor ratio	: 15 to 1
Recommended Student to equipment ratio	: 8 to 1
Written Evaluation	: YES
Successful Completion	: International Certification
Initial training	: 06-08 hours / 16 hours (2 Days).

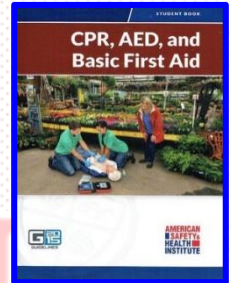
Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.



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Course Content

- ✓ Adult, Child, & Infant CPR
- ✓ Basic First Aid
- ✓ Disease Transmission
- ✓ Control of Bleeding
- ✓ Managing Shock
- ✓ Amputation
- ✓ Impaled Object
- ✓ Burns Serious Illness
- ✓ Breathing Difficulty
- ✓ Severe Allergic Reaction
- ✓ Environmental Emergencies
- ✓ Sudden Cardiac Arrest
- ✓ AED Operation
- ✓ Legal Considerations
- ✓ Personal Safety
- ✓ Respiratory & Circulatory Problems
- ✓ Choking
- ✓ Emotional Considerations and much more.



Course Introduction of Basic Life Support (BLS)

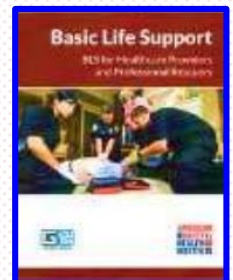
CPR Pro for the Professional Rescuer One day Course
(Pre requested course for an EMR, EFR, EMT, and ACLS)

Students learn how to recognize a life-threatening emergency, how to provide basic life support and what to do in case of an airway obstruction or choking. ASHI's CPR Pro for the Professional Rescuer has been approved for training for Emergency Medical Services personnel and is accepted by the National Registry of Emergency Medical Technicians (NREMT). Intended Audience American Safety & Health Institutes CPR for the Professional Rescuer program is designed for individuals in the healthcare or professional rescuer

Intended Audience

American Safety & Health Institutes CPR for the Professional Rescuer program is designed for individuals in the healthcare or professional rescuer field that are required to have professional-level basic life support training.

- ✓ Sudden Cardiac Arrest
- ✓ Early Defibrillation
- ✓ Chain of Survival
- ✓ Personal Safety
- ✓ Chest Compressions
- ✓ Rescue Breaths—Bag-Mask
- ✓ Primary Assessment
- ✓ Automated External Defibrillators
- ✓ Basic AED Operation
- ✓ Team Approach
- ✓ Choking
- ✓ Legal Considerations
- ✓ Emotional Considerations
- ✓ and much more.



Class Configurations

Student to instructor ratio	: 10 to 1
Recommended student to equipment ratio	: 5 to 1
Written Evaluation	: Yes
Successful Completion	: (International Certification)
Initial training	: 06-08 hours.
Recognized certification period	: Up to 2 years

Students must perform required skills competently without assistance.

*Successful completion is based on achievement of the core learning objectives
Rather than a prescribed instruction time.*

Course Introduction of Emergency First Responder - 10 days (EMT-L1)

ASHI Emergency Medical Response is designed to provide non-EMS responders including government, corporate, law enforcement, and corrections personnel with a level of training comparable to a professional Emergency Medical Responder. This up to 48-hour course is consistent with national EMS curriculum requirements and education standards. ASHI Emergency Medical Response program also cross the EMS scope of practice.

Class Configurations

Student to instructor ratio	: 10 to 1
Student to equipment ratio	: 5 to 1
Written Evaluation	: Yes
Successful Completion	: (International Certification)
Initial training	: 8-10 days (all ages)

Students must perform required skills competently without assistance.

Correctly demonstrate how to: Work as the lead responder in a scenario- based team setting.



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Adequately direct the primary assessment and care of: BVM Ventilation of an Apneic Adult,
Patient Assessment/Management – Trauma
Patient Assessment/Management – Medical
Oxygen Administration by Non- rebreather Mask
Cardiac Arrest Management/AED

Topics covered in the course include, but are not limited to:

- ✓ ASHI MEDICSal, legal, and ethical issues in EMS
- ✓ OB/GYN emergencies
- ✓ Anatomy and physiology
- ✓ ASHI MEDICSal emergencies
- ✓ Pharmacology for the EMR
- ✓ Endocrine emergencies
- ✓ Environmental emergencies
- ✓ Traumatic emergencies
- ✓ Respiratory emergencies
- ✓ Ambulance operations
- ✓ Cardiac emergencies
- ✓ Pediatric and geriatric emergencies
- ✓ Neurological emergencies



Course Introduction of Registry of Emergency Medical Technicians (EMT-B) course- 15-40 days. (250h)

The scope of duties at each level varies by state, but all EMTs are trained to fulfill the following job responsibilities: Assess and stabilize patients' conditions Manage spinal injuries, fractures, and burns Deliver babies in emergency situations.

Class Configurations

Student to instructor ratio : 10 to 1
Recommended student to equipment ratio : 5 to 1
Written Evaluation : Yes
Successful Completion : (International Certification)
Initial training :350 hours / 30- 45 days
Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.



The purpose of the assessment is to determine the ability to reach entry-level competency. At the AREMT-Basic level an assessment will range from 100 to 150 items. The maximum amount of time for the assessment the percentage of the assessment plan for each area is as follows: Candidates are given three opportunities to pass the assessment,

Candidates who pass the examination will be sent AREMT Certification materials.

- ✓ Assessment Topics Percent of overall test
- ✓ Airway and Breathing 20.0%
- ✓ Cardiology 15.0%
- ✓ Trauma 15.0%
- ✓ MEDICSal 30.0%
- ✓ Obstetrics and Pediatrics 10.0%
- ✓ Operations 10.0%

TOTAL 100% and will be assisted with any non-competent areas.

The Registry reserves the right to investigate any irregularities that occur in conjunction with the application process, course completion verification and/or in conjunction with any assessments carried out.

The Practical Assessment

The practical assessment requires the candidate to physically apply the necessary skills of the EMT-Basic. All candidates are required to successfully complete all sections of a approved EMT-Basic practical assessment that meets or exceeds the established criteria of the Registry, through EMT training programmes or AREMT

NREMT requires competency in each of the following skill areas

- Patient Assessment/Management - Trauma
- Patient Assessment/Management - Medical
- Cardiac Arrest Management/AED
- Spinal Immobilization (Seated Patient)
- Spinal Immobilization (Supine Patient)
- Bag-Valve-Mask Apneic Patient with a Pulse
- Long Bone Fracture Immobilization
- Bleeding Control/Shock Management
- Upper Airway Adjuncts and Suction
- Supplemental Oxygen Administration



Following skills and meets or exceeds the established criteria of the Registry.

1. Patient Assessment/Management - Trauma
2. Patient Assessment/Management - Medical
3. Cardiac Arrest Management/AED
4. Spinal Immobilization (Seated or Supine Patient)
5. Bag-Valve-Mask Apneic Patient with a Pulse
6. Random Skill Station (one of the following)

The AREMT realizes that each candidate's circumstances are unique and a case by Case approach to review the documentation is required for registration and Assessment criteria.

EMT Training Materials

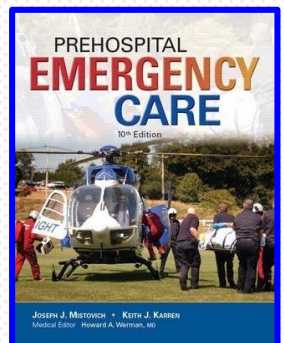
The Sri Lankan EMT Textbook:

The Ministry of Healthcare & Nutrition's Trauma Secretariat, with Medical Teams International, has published the first Emergency Medical Technician textbook in Sri Lanka in both the Sinhalese and Tamil languages. This is actually the first Pre-Hospital Emergency Care textbook Published in either language.



Prehospital Emergency Care,
Tenth Edition,

Meets the National EMS Education Standards and is the most complete resource for EMT-B training. This best-selling, student-friendly book contains clear, step-by-step explanations with comprehensive, stimulating, and challenging material that prepares users for real on-the-job situations. Featuring case studies, state-of-the-art scans, algorithms, protocols, and the inclusion of areas above and beyond the DOT protocols, the tenth edition effectively prepares students for success. The assessment and emergency care sections provide the most up-to-date strategies for providing competent care; and the enrichment sections further enhance students' ability to assess and manage ill and injured patients in prehospital environments. The text's table of contents is organized to follow the National EMS Educational Standards.



Basic fire awareness training course

At the end of the course, your staff members will have a better understanding of fire dangers. They'll be able to help spot and reduce fire risks in your workplace.

The course covers:

- Characteristics Of Fire and Legislation
- Appreciation Of Fire Precautions
- Importance Of Good Housekeeping
- Importance Of Means Of Escape
- Actions On Discovering A Fire
- Introduction To Fire Extinguishers
- Principle Of Fire Action Plans
- Main Causes Of Fire and Evacuation Procedures
- Classes Of Fire
- Fire Safety at Office or Home

Office Ergonomics Training

Course Description:

Despite reports that the number of work-related musculoskeletal disorders (MSDs) has declined in recent years because of widespread awareness and implementation of effective preventive measures, ergonomics remains a significant workplace safety and health issue.

The main objective of this office ergonomics training course is to cover the topic of office ergonomics from hazards to precautions so that employees can avoid developing work-related MSDs. By the time the session is over, trainees should be able to define ergonomics and MSDs, identify ergonomic risk factors, recognize MSD symptoms, set up a workstation to minimize stress and strain, and perform tasks safely to avoid musculoskeletal injuries and illnesses. The benefits to you, the employer, are numerous, from lower healthcare costs to increased employee productivity.

Why —Office Ergonomics Training Matters:

The goal of ergonomics is to reduce injuries and illnesses caused by stress and strain on the job. Ergonomics helps keep you safe and healthy.

Ergonomics involves engineering and administrative controls. For example, office ergonomics may include engineering or designing the layout of your computer workstation so that your exposure to ergonomic risks is reduced.



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The way or sequence in which a task is performed may also be changed to help reduce risk factors. According to the Occupational Safety and Health Administration (OSHA), many office workers report work-related MSDs every year. For some, the problem becomes so severe that they suffer a lot of pain and have to take time off from work for treatment and recovery.

Target Audience

Workers and supervisors, whether experienced or new to modern office work
Health and Safety Professionals Human Resource Experts

Key Points:

- Most office workers are at risk for work-related MSDs.
- MSDs are caused by stress and strain on your body while you work.
- Engineering and administrative controls minimize the risks.
- You can help by following safe work practices and reporting any MSD symptoms.

Psychological First Aid (PFA)

The importance of Behavioral Health/Psychological First Aid (PFA) after a major tragedy and man-made or natural disaster should NOT be understated. PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism:

to reduce initial distress, and to foster short- and long-term adaptive functioning

Psychological First Aid is an integral approach to helping victims living in the wake of a dramatic event such as a natural disaster, public health emergency “or even a personal crisis.” Department of Health states, “Emotional distress is not always as visible as physical injury, but it is just as painful and debilitating.”

SPECIFIC TOPICS:

Basic communication techniques for PFA.

Recognition of basic human needs—The Maslovian Hierarchy.

Human resiliency: The Johns Hopkins Model.

Common mild psychological and behavioral reactions after a disaster

Severe, potentially incapacitating psychological and behavioral reactions after a



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disaster. Basic stress management for disaster survivors.

A word of caution: reducing risk of adverse outcome
When to refer for further mental health support
Self-care for disaster workers

Wilderness First Aid

WFA program is a two-days course that introduction to general Medical concepts and basic life support skills. It is targeted to the outdoor enthusiast on day trips or short adventures. The course is taught by professional instructors with significant patient care and Backcountry experience.

The program is the ideal Medical training for leaders in remote areas including outdoor educators, guides, military, EMT's, professional search and rescue teams, researchers, and those involved in disaster relief.

The curriculum is comprehensive and practical. It includes the essential principles and skills required to assess and manage ASHI Medical problems in isolated and extreme environments for days and weeks if necessary.

Real life Wilderness First Aid training with lots of activates in an urban environment.

Hiking,

Basic water rescue techniques,

First Aid training scenarios, and many more.

Course content includes:

Preparation and Assessment,

Preventing and Caring for Injuries,

Environmental Hazards, Biological Hazards,

Medical Emergencies,

Patient Assessment,

Evacuation Plans and Emergency Procedures,

CPR, Wilderness Wound Management and many more.



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Be prepared. Whether you venture into your local parks or deep into the backcountry, having a solid foundation of first aid skills instills confidence. Take our two-days course to get Wilderness First Aid certified.

Our Training Materials

Our resuscitation programmes confirm to national and international standards and are based on the same scientific guidelines and treatment recommendations found in the 2010/15 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR), the same as those used by the American Heart Association (AHA) and American Red Cross (ARC) for course development. All professional resuscitation programmes meet the requirements of the Joint Commission and the Commission on Accreditation of Medical Transport Services.



Certificates

With ASHI Digital Certificates you can get anytime, anywhere access to your certificates; plus print, share, and download wherever and whenever you like. Each digital certificate has its own unique ID and QR code, making it easy to confirm that your employee's certificate is valid and authentic. ASHI Passport mobile app with Learning Links refresher lessons and emergency care topics are ongoing.



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American Safety & Health Institute is a leading provider of ALS and BLS training programs, emergency care and resuscitation.

International Liaison Committee on Resuscitation (ILCOR)

The International Liaison Committee on Resuscitation (ILCOR) was formed in 1992 To provide a forum for liaison between principal resuscitation organizations worldwide. Although the criteria for participation were not closely defined, member organizations were expected to have an accepted remit for creating resuscitation guidelines, preferably for more than one country, and to be multidisciplinary in membership. At present, ILCOR comprises representatives of

- ❖ American Heart Association (AHA)
- ❖ European Resuscitation Council (ERC)
- ❖ Heart and Stroke Foundation of Canada (HSFC)
- ❖ Australian and New Zealand Committee on Resuscitation (ANZCOR)
- ❖ Resuscitation Councils of Southern Africa (RCSA)
- ❖ Inter American Heart Foundation (IAHF)
- ❖ Resuscitation Council of Asia (RCA)

As an organization that is staffed by internationally certified EMS Instructors, ASHI MEDICS will be setting the standard of EMS training and care in Sri Lanka. ASHI MEDICS will be able to provide not only the initial training to health care at multiple levels of certification, but also Continuing Education (CE) for Medical professionals including Doctors and Nurses by providing classes on internationally recognized Provider classes such as Advanced Cardiac Life Support (ACLS), Pediatric Advanced Life Support, and International Trauma Life Support (ITLS), to name a few.



ASHI MEDIC Healthcare Training is fast, effective, and affordable.

All the international and local courses are conducted in our new training centre, located in Colombo City Sri Lanka.

Vision Statement To be the best of pre-hospital care training professionals that contributes to a functional, national EMS system.

Mission statement ASHI MEDICS Lanka endeavors to provide high quality, reliable, and affordable prehospital emergency services training to individuals and corporations and offer comprehensive healthcare educational opportunities to the people of Sri Lanka.

ASHI MEDIC Lanka is not new, comprehensive emergency services training agency in its start-up stages. Our headquarters established in Colombo 06, Sri Lanka, and will provide the following services to clients and quickly expand coverage to include all major population centers in Sri Lanka. We provide emergency care and safety training to countless public and private companies; nonprofits; government, community and private organizations; and private individuals, school-based and family day care services.

As a leading provider of Pre-Hospital Emergency Care training and certification courses on ASHI MEDICS we offer the largest selection of courses and training options which are available anywhere in Sri Lanka. We have provided our services to employees of so many companies and organizations because of the high quality training and proven results that we are able to provide them.

Why Are We The Best?

Unfortunately many instructors have no actual field experience in what they are trying to teach you. They simply learned to be an instructor from a course offered by someone else but have no ASHI Medical background or actual —hands-onll experience in performing high quality resuscitation on an actual patient. That’s why they will tell you —whatll you need to do, but they are not able to explain the clinical reasons behind —whyll you need to do things a certain way for better patient outcome.



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ASHI ASHI MEDICS Sri Lanka Instructors

Dr. Dilshan Gamlathge	L10 (L4) ALS/EMT Instructor Trainer
Dr. A.M.M.Riyaz	Adviser : Administration and Technical
Dr. Mangala Malwatthage	ALS Instructor
Dr.Karthika	ALS Instructor
Dr. Radha Kumarasingha	ALS Instructor
Chaturika Kanishka	BLS Instructor
Pathum Dilshan	BLS Instructor
Thinuwara Gayantha	BLS Instructor
Poornima Rajapaksha	BLS Instructor

We are proud to inform our instructors have ended training to



Five Star hotels, MAG, NHSL, WHO, Saukyadana, Red Cross, St John Ambulance, IMC, Voice of America in Iranawila, and many reputed Schools, an organizations in the globe.

We are the revolution of Healthcare training



We abandon traditional training methods.

Our Training is fast, effective, and affordable. Our ASHI's resuscitation programmes confirm to national standards and are based on the same scientific guidelines and treatment recommendations found in the 2015 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR), the same as those used by the American Heart Association (AHA) and American Red Cross (ARC) for course development. All professional resuscitation programmes meet the requirements of the Joint Commission and the Commission on Accreditation of Medical Transport Services, ISO, 5s, 6s, OSHA and National Institute for Occupational Safety and Health (NIOSH) accredited and deliver the highest standard in first aid courses international ILCOR training certificate (International Liaison Committee on Resuscitation). Latest 2015 guidelines. These major changes in new Guidelines recognize the real-life challenge of consistently and optimally applying each vital link in the chain of survival. The intention is that every community will implement cardiac arrest/resuscitation education, tracking and evaluation strategies in an integrated system to save even more lives.

Courses with International and National Certificates

- CPR and AED Combination CPR,
- Basic First Aid (Life saving)
- CPR,AED and Basic First Aid
- CPR Pro BLS
- Blood borne Pathogens
- Pediatric CPR, AED, and First Aid
- Child & Babysitting Safety (CABS)
- Emergency Oxygen Administering
- Advanced First Aid
- Emergency ASHI Medical Response
- The Wilderness Emergency Care
- Nursing
- Fire Safety
- Ergonomics and work balance
- Ambulance Driver Training
- Caregiver Training
- ECG & Pharmacology
- Airway Management
- Advanced Cardiac Life Support (ACLS)
- Pediatric Advanced Life Support (PALS)
- Emergency Medical Technician Basic
- Trauma Life Support (BTLS)
- Advanced Trauma Life Support (ATLS)
- Emergency Life Support (BTLS)
- Psychological First Aid
- Mass casualty management (MCI)



- Home care or Event ASHI Medical coverage
- Patient transportation
- Aro Medical evacuation
- Risk Assessments - one man day
- Training on occupational Health Safety
- Develop Standard safe working practices
- Ergonomic assessment for back office
- Fire safety training including practical sessions

We will teach you valuable in-depth knowledge that comes from years of practical hands-on, real-world experience to offer the best possible chance for the victim to survive.

We always maintain up-to-date international standard and guidelines.

We guarantee that all participants will learn more from our classes than they have ever learned from a BLS class before.

We are looking forward about this training and this is a service for a mankind.

Feel free to contact us any time for further clarifications.

Thank you.

Yours sincerely

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