

课程编号：1713602680

课程名称：危难中自救、互救基础知识

学分/学时：1/16

先修课程：无

适用专业：全校各专业

课程性质：全校选修

主要参考书：马桂林 编著.家庭急救 危机时刻 创伤救护（第1版）. 北大音像出版社, 2015年

内容简介：

《危难中自救、互救基础知识》是一门培养学生基本求生能力的课程。人的生命只有一次。但在人的一生中，难免会遇到某种危难，学会在危难中自救、互救，是每个学生应该具备的基本能力。

本讲座所涉范围力求全面。讲座涵盖从自然灾害，如地震、水灾、泥石流、溺水、火灾、触电、雷击等，到人为灾害，如交通事故、中毒、运动伤害、外伤出血、骨折等方面的应急救护知识。通过本课程学习，学生在关键时刻能给自己带来生机，并能挽救他人的生命。生命是宝贵的，每个学生都应学会保护生命！

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Course Description

Course Code: 1713602680

Course Name: FUNDANMENTAL KNOWLEDGE OF THE SELF-HELP & MUTUAL AID KONWLEDGE IN THE DISTRESS

Credit/Hours: 1/16

Reference Books: Guilin Ma. Home emergency care -Crisis moment, Injury rescue (1st version), Beijing University Audio Video Press, 2015 Year

Course Description:

FUNDANMENTAL KNOWLEDGE OF THE SELF-HELP & MUTUAL AID KONWLEDGE IN THE DISTRESS is a course for training students to survive in the natural disasters or accidents. Human life only

once. But in human life, one inevitably encounters some sort of distress. Self-help in times of crisis and mutual aid are basic skills that every student should have.

The scope of this lecture seeks to be comprehensive. Lectures cover many aspects of emergency rescue knowledge from natural disasters, such as earthquakes, floods, landslides, drowning, fires, electric shock, thunderstrike, to man-made disasters, such as traffic accidents, poisoning, sports injuries, bleeding wound, fractures. Learning through this course, students can bring life to themselves at the critical moment, and can save the lives of others. Life is precious, every student should learn to protect life!