

**Thematic plan of seminar-type classes
in discipline «Life safety»
for students of 2025 year of admission
under the educational programme
31.05.01 General medicine,
specialisation (profile) General medicine
(Specialist's degree),
form of study full-time
for the 2025-2026 academic year**

№	Thematic blocks	Practical training within the thematic block ³	Hours (academic) ⁴
1st semester			
1.	General characteristics of emergencies and measures of prevention and liquidation. ¹ Subject, goals and objectives of the discipline "Life Safety". The concept of safety and risk. The concept of emergency situations. Classification of emergency situations. Damaging factors of emergency situations. ²	-	4
2.	Organizational bases of prevention and liquidation of emergencies. ¹ Unified State System for Prevention and Elimination of Emergencies: Tasks, Structure, and Modes of Operation. Principles of Organization and Methods of Protecting the Population from Emergencies. Features of Organizing and Managing Emergency Prevention and Protection Measures Abroad. Aspects of International Cooperation. ²	-	4
3.	Natural disasters. ¹ Classification of natural emergencies. Brief description of natural emergencies (earthquakes, floods, landslides, fires, storms, hurricanes, etc.). Measures to protect the population. ²	-	4
4.	Emergencies associated with release of hazardous chemicals. ¹ Classification of hazardous chemical substances. Brief description of accidents involving hazardous chemical substances. Measures to protect the population. ²	-	4
5.	Emergencies involving ionizing radiation. ¹ The concept of ionizing radiation. Sources of ionizing radiation. Accidents at radiation-hazardous facilities. Forecasting and assessment of the radiation situation. Protection of the population from radiation injuries. ²	-	4
6.	Emergencies related to the impact of hydrodynamic factors. ¹ Hydrodynamic accidents: causes, types, consequences, and measures to protect the population. Rules of conduct during and after hydrodynamic accidents. Accidents on water transport. Characteristics of rescue equipment. ²	-	4
7.	First aid for cardiovascular emergencies. ¹ Types, causes, and signs of cardiac disorders, and first aid measures. Rules for performing primary cardiopulmonary resuscitation. Signs of effectiveness and conditions for stopping the primary resuscitation complex. Practical skills (algorithm for first contact with the victim, cardiopulmonary resuscitation). ²	PT	4
8.	First aid for respiratory emergencies. ¹ Types, causes, and signs of respiratory disorders, and first aid measures. Methods of eliminating airway obstruction caused by a foreign body. Practical skills (techniques for removing a foreign body from the airway in children and adults, and applying an occlusive bandage). ²	PT	4
9.	First aid for wounds and bleeding. ¹ The concept of injury.	-	4

	Classification and characteristics of injuries. Types of bleeding. Algorithm for providing first aid for injuries and bleeding. Rules for applying fixing and pressure bandages. ²		
10.	First aid for injuries. ¹ Types, causes, and signs of traumatic injuries. First aid measures for injuries. Types and methods of transport immobilization. ²	-	4
11.	First aid for thermal lesions. ¹ Characteristics of pathological conditions caused by general overheating of the body and local exposure to high temperatures (heat cramps, heat exhaustion, heat stroke, and burns). Electric shock. Characteristics of pathological conditions caused by general hypothermia and local exposure to low temperatures (general hypothermia, frostbite). Principles of first aid. ²	-	4
12.	First aid for bites or stings from poisonous animals. ¹ Signs of bites from poisonous insects and animals. Understanding anaphylactic reactions and anaphylactic shock. Algorithm for providing first aid for bites from poisonous insects and animals. ²	-	4
13.	First aid for poisoning with hazardous chemicals. ¹ The concept and brief characteristics of the effects of toxic substances on the body. Classifications of toxic substances. Signs of poisoning with hazardous chemicals and synthetic poisons. Algorithm for providing first aid. ²	-	4
14.	First aid for acute psychological reactions to stress. ¹ General characteristics of emergency situation factors that potentiate mental disorders and types of mental reaction to them. Stages of the psychoemotional state of victims exposed to traumatic situations in emergency situations. First aid for the main types of psychoemotional disorders in victims of emergency situations. ²	-	4
15.	Control of knowledge, skills, and abilities	PT	4
Total			60

¹ – topic

² – essential content

³ – PT (practical training)

⁴ – one thematic block includes several classes, the duration of one class is 45 minutes, with a break between classes of at least 5 minutes

Considered at the department meeting Life safety, protocol of «30» May 2025г. № 11.

Head of the Department



A.D.Donika