



## **First Aid Training**

**Duration:** One to two days

### **Course Synopsis**

Knowing how to respond to a first aid or CPR emergency is one of the most important skills a person can possess. People at work can suffer injuries or fall ill. It doesn't matter whether the injury or the illness is caused by the work they do or not.

This training course is designed to provide delegates with the skills and knowledge to be able to deal with an emergency until medical help is available.

### **Prerequisite**

None

### **Objectives**

At the end of this one day training course, attendees will have better understanding of:

- Resuscitation skills
- Treatment of unconscious casualties and recovery position
- Heart attack - CPR (Cardio Pulmonary Casualty)
- Control of bleeding
- Fainting, Shock and other conditions.

### **Course Outline**

- Recognizing and Responding to Emergencies, Avoiding Infectious Diseases
- Basic Life Support: Rescue Breathing, Choking, CPR, AED
- Bleeding & Wound Care, Shock, Burns
- Head, Spinal, Chest, & Abdominal Injuries
- Bone, Joint & Muscle Injuries
- Sudden Illness: Cardiac, Stroke, Respiratory, Seizures, Diabetes
- Poisonings, Bites & Stings
- Heat, Cold, & Environmental Emergencies
- Rescuing & Moving Victims

### **Program Training Methods:**

- Theoretical Lectures (Power Point Presentations)
- Hand-on-training