



Course title: Emergency First aid Awareness

Duration: Half Day

Maximum number of learners: 16

Course overview:

This course had been specifically designed and developed to give the learners the knowledge and experience to become a nonaccredited emergency first aider. The learners will receive discussion on common injuries and conditions that may arise in the workplace.

Course learning outcomes:

By the end of the day, learners will be able to:

- Define the term First aid
- Cite the roles and responsibilities of a first aider
- Discuss how to deal with a casualty
- Discuss what to do in an emergency
- List the minimum contents of a workplace first aid kit
- Describe the term Primary Survey
- Differentiate between Unresponsive and Responsive casualty
- Discuss, Demonstrate and practice Cardiopulmonary Resuscitation (CPR) and Recovery Position
- Discuss the Chain of Survival
- Discuss the cause, recognition and treatment of, Minor injuries, Seizure, Choking, Bleeding, Shock, Heart Attack and Stroke