

# Basic First Aid TRAINING



In 8 hour sessions we can only learn the basics but the

## Basics can save a life

### Overview:

First aid is a concept of first hands-on measures performance in a medical emergency by laypersons. Participants are taught about the industry specific situation most likely to occur that would require the use of their new skills.

The objective is to teach and train the people how to recognize a medical emergency and start qualified action by providing measures of basic life support such as Cardiopulmonary Resuscitation (CPR).

Learners will become familiar with the role of the First Aider and be able to assess and react appropriate to an emergency situation, such as

- ✚ Wounds and Bleeding
- ✚ Choking
- ✚ Electric shock
- ✚ Burns
- ✚ Injuries to the head, neck, nose, eyes and ears.

A safe work environment produces happier employees; everyone wants to go home safe each day. To prevent unexpected dilemmas from rising. Planning is another essential part of being safe. A lot of times, accidents or troubles can be prevented with careful planning, organization and implementation.

## Objectives:

At the end of this Basic First Aid skills training, your participants will be able to:

- Understand the roles and responsibilities of the Emergency First Aider
- Assessing an incident
- Recognising signs and symptoms of injury and illness
- Assisting a casualty who is suffering from major injury and illness
- How to perform CPR
- How to put the people into the recovery position
- How to bandage correctly and effectively
- Hands on experience in different life saving technique

## Workshop Format (methodology):

The workshop is delivered through an experiential route to create an urge in participants to change self. This is done by addressing the emotional mind of the participants through activities, stories, pictures, videos, role-plays, case studies, games and exercises.

## Target Audience:

This workshop is suitable for all employees in any function and at any level and also anyone who is interested in improving their knowledge and skill in Basic First Aid and CPR technique. **(Safety / Maintenance / HR or Training Departments)** ILP ACADEMY OF FIRE & SAFETY

## Workshop Duration:

6 - 8 hours per day

