

First Aid

Z HSE-01

Duration :

2days days 10 Hours

Who Should Attend :

All staff

Language :

Arabic, English

Overview :

Its very important to know firstaid ,if someone you know Has an accident or suffered a medical emergency would you be ready to help if you saw an accident or medical emergency at work while driving or shopping , would u know what to do to help ? This course gives you the knowledge and confidence to be ready to take the right steps and provide firstaid whenever an emergency occurs



Topics :

- Primary assessment of the victim ABCDE opening air way + pulse Measurement
- Suffocation + Heimlich maneuver
- Heart attack
- CPR + Drowning
- Bleeding, Hemorrhage & Burns
- Fractures + Skull & Spine, Chest, Abdomen and Eye injuries
- Loss of consciousness (Shock, Coma, Fainting Convulsions,Diabetic Problems
- Stings & Bites + Poisoning

Practical Training :

- CPR & Heimlich on training dummies
- Splints & Bandages
- Positions Heart attack, shock, recovery
- Transportation of victims