



## Emergency First Aid at Work

At some point in your life, you will have to make the decision to help in an emergency, hence; it is better to know first aid and not need it, than to need first aid and not know it.

First Aid is defined as the initial care provided to a sick or injured person by a trained personnel until definitive medical treatment can be accessed.

Accidents can happen in the safest places. Crisis such as heart failure, severe haemorrhaging and falling and electric shock are just a few of hundreds of possible situations that may arise in an emergency. Knowing what to do at that critical moment can mean life or death to the unknown victim.

This course will provide participants with the knowledge and practical skills to deal with such situations in the most appropriate manner.

### Expected Accomplishments

- Ability to respond to emergency situations in an appropriate manner
- Learn how to carry out CPR for a child and adult
- Learn to assess the situation by identifying the symptoms
- Ability to use the Recovery Position and maintain stability
- Know correct method of reporting the emergency when expert help arrives

### Course Outline

- Developing basic first aid skills for the work place and how to deal with life-threatening conditions
- Understanding the role and responsibilities of an emergency first aider
- Developing skills to do scene survey
- Understanding the basic concepts of Search & rescue
- Understanding the basic concepts counseling and mental health
- Developing skills to manage an unresponsive casualty
- Developing skills to administer Cardio Pulmonary Resuscitation (CPR)

### Course Duration





1 day

## Course Code

MGT-715

## Mode

Experiential learning, tutorial exercises, case studies and group work activities and discussions

## Prerequisites

Good command of the English language

## Who can benefit

Personnel from any discipline

## Related Training

Introduction to Health & Safety

