



شركة ميرك العربية السعودية
MEIRC Saudi Arabia

First Aid & CPR Training Course

Duration 5 Day

Introduction

This course covers all subjects of First Aid emergency steps and actions

OBJECTIVES

- To save life
- To prevent further damage
- To relieve pain

WHO SHOULD ATTEND

All employees should attend this course.

COURSE OUTLINE:

1. Reasons for accident at work place and their danger

- Ladders and scaffolds
- Falling objects
- Rotating parts
- Oiled floor
- Poison gases
- Fire
- Chemicals
- Reactive materials
- Electricity

2. First Aid emergency steps and actions

- First Aid definition
- First Aid aims
- Rules at the scene of emergency

3. Major accident at work

- Chocking
- Injuries
- Burns
- Poison
- Fractures
- Bruises
- Electrical Shock

4. Dealing with major injuries, procedures and control of injuries.

- Dressing and bandages
- Bleeding control
- Heat emergencies
- Chock management
- Neck and back injuries



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5. Resuscitation techniques using mannequins.

- Mouth to mouth
- Mouth to nose
- Manual method

6. Demonstration and practice of combined CPR on a Mannequin.

- Signs of cardiac arrest
- Procedures for help
- Single and double rescuers
- Disease prevention