1. Course Details:

Course Code : HSEM-008
Course Title : Certified NSC First Aid & CPR
Course Duration : 5 Days

2. Course Overview

- This is a highly course that aims for training people in different places, jobs for dealing with stressful situations and mass accidents using the basic skills as well as the automated maneuvers starting from CPR to intravenous injections and ending by simple stitches. Also include a special focus, as required by the trainees, about special chemical injuries according to the material safety data sheet content of their working environment as well as any special hazards that may be faced during work.

3. Learning Outcomes:

- Give basic life support training commonly taught to health care and rescue professionals
- Control bleeding and manage shock
- Care for injuries and medical emergencies
- Give advanced resuscitation techniques
- Identify special situations such as: behavioral emergencies, pregnancy and childbirth
- Perform remote-location first aid

4. Course Contents:

- Define first aid, steps followed to conduct first aid, rights and duties when conducting first aid
- Background information
- Physiology and anatomy of different biological systems, and the vital signs (pulse, respiration, temperature, blood pressure)
- Dealing with mass accidents
- Define mass accidents, triage (prioritization of conducting first aid) in a mass accident, objectives in a mass accident, transporting wounded people, and conducting mental health care to other non-injured people)
- Basic Life supports
- The ABC steps, Air way obstruction handling, CPR and Automated CPR
- Practical training of the day
- General examination, Vital signs, Blood pressure measurement,
  Intramuscular injection,
  Performing CPR.

- Definition, types, diagnosis, first aid procedures, transporting, and ways of prevention
- Hemorrhage
- External hemorrhage, and internal hemorrhage
- Simple wounds and injuries
- Dealing with simple wounds; cleaning and dressing
- Loss of Consciousness
- Fainting and coma. Definitions, causes, diagnosis, differentiation, first aid procedures, and ways of prevention
- Ophthalmic (eye) injuries
- Differentiate between different injuries, first aid, and prevention
- Burns
- Definition, causes, classification, danger signs, first aid, and prevention
- Practical applications
- Handling fractured personnel, Splints, Bandages, Eye bandage, Revision for CPR.
- Definition, causes, first aid, and prevention of reoccurrence
- Poisoning
- Definition, causes and types, first aid, danger signs, and prevention
- Diarrhea
- Definitions, causes, first aid, and prevention
  Renal colic
- Symptoms and management of Renal colic
- Animal bites
- Causes, first aid, danger signs, first aid, and prevention
- Suffocation
- Definition, causes, diagnosis, first aid, danger signs, and ways of prevention
- Drowning
- Definition, causes, first aid, and prevention
- Environmental emergencies
- Heat cramps, heat exhaustion, heat stroke, and exposure to cold
- Simple Stitches
- Performing simple sutures for simple wounds
- Practical
- Intra venous injection, preparing the universal antidote. Heimlich maneuver
- Revision for CPR
- Examinations

5. Our Methodology:

- Make coaching and monitoring innovative and using modern
- Media training also using on the go training by using interactive means and focusing on

- The exercises, practical applications and real situations study.
- Live delivery method, instructor-led training.
- Experienced consultant, trainers, and professional.
- Qualified trainer with high-level experience

6. Attendance Reports:

- Send daily attendance reports to trainingdep
- Send full attendance report to training dep. by the end of thecourse
- Attend 100 % from the course days also providedaily
- Issue attendance certificate for participant who attend minimum 80% from the course duration

7. Pre/Post Reports:

- Pre- assessment before starting training.
- Post assessment after finish training
- Full report for the deferent between Pre-& Post assessment

8. Who Should Attend?

- All safety & security staff
- All people in different places, activities, and risk situations
- Occupational Health Doctors and Nurses