

## APPLY INITIAL FIRST AID

*“Be the first response that saves lives. Learn to act fast, smart, and effectively.”*

### Schedule

| Venue (InHouse)               | Fees                  |
|-------------------------------|-----------------------|
| At Your Organization Premises | Ask For The Quotation |

► **Available delivery methods:** In-House Training

### Introduction

This essential course empowers participants with the knowledge and skills needed to provide immediate and effective first aid in a variety of emergency situations. Covering both theory and practical application, the course aligns with international safety standards and is suitable for individuals in any workplace, remote sites, or public environments.

### Objectives

By the end of this course, participants will be able to:

- Assess emergency situations and identify immediate dangers
- Apply basic life support (CPR and AED) techniques
- Manage bleeding, burns, fractures, and other common injuries
- Recognize signs of medical conditions such as shock, stroke, or heart attack
- Communicate clearly with emergency services and hand over a casualty

## Why Attend

- Be prepared to provide critical care before medical help arrives
- Gain confidence in emergency response and life-saving techniques
- Enhance your workplace safety credentials

## Target Audience

- Employees and supervisors in any industry
- Health & safety officers
- Remote and site workers
- First responders and safety team members
- General public interested in emergency preparedness

## Individual Benefits

- Life-saving first aid skills
- Certification recognized by employers and safety authorities
- Improved personal readiness in any emergency

## Organizational Benefits

- Improved workplace health and safety outcomes
- Compliance with safety regulations and training mandates
- Increased emergency preparedness and risk reduction

## Instructional Methodology

- Practical demonstrations and hands-on simulations
- Video-based scenarios and guided response activities
- Instructor-led theory with interactive discussions
- CPR/AED practice with certified equipment

## Course Outline

### DETAILED 5-DAY COURSE OUTLINE (CUSTOMIZABLE)

**Training Hours:** 7:30 AM – 3:30 PM **Daily Format:** 3–4 Learning Modules | Coffee Breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

#### Day 1: Introduction to First Aid & Emergency Response

- Module 1: Principles of First Aid and Legal Considerations (07:30 – 09:30)
- Module 2: Incident Scene Safety and Casualty Assessment (09:45 – 11:15)
- Module 3: Emergency Action Plans and Basic Triage (11:30 – 01:00)
- Module 4: CPR and AED Basics – Theory (02:00 – 03:30)

#### Day 2: Life Support and Resuscitation Techniques

- Module 1: Adult, Child, and Infant CPR – Practice (07:30 – 09:30)
- Module 2: Automated External Defibrillator (AED) Use (09:45 – 11:15)
- Module 3: Managing Breathing Emergencies – Choking, Asthma (11:30 – 01:00)
- Module 4: Workshop – CPR/AED Certification Practice (02:00 – 03:30)

#### Day 3: Managing Common Injuries

- Module 1: Control of Bleeding and Wound Management (07:30 – 09:30)
- Module 2: Burn Injuries and Shock Management (09:45 – 11:15)
- Module 3: Bone, Muscle, and Joint Injuries – Fractures and Sprains (11:30 – 01:00)
- Module 4: Practical Scenarios – Injury Management (02:00 – 03:30)

#### Day 4: Medical Emergencies & First Aid Scenarios

- Module 1: Seizures, Diabetes, Heart Attack, and Stroke (07:30 – 09:30)
- Module 2: Environmental Injuries – Heatstroke, Hypothermia (09:45 – 11:15)
- Module 3: Poisoning, Allergic Reactions, and Bites (11:30 – 01:00)
- Module 4: Mock Incident Drill – Full Emergency Simulation (02:00 – 03:30)

#### Day 5: Final Review & Certification Assessment

- Module 1: Written Knowledge Assessment (07:30 – 09:30)
- Module 2: Practical Skills Evaluation (09:45 – 11:15)
- Module 3: Individual Feedback and Course Recap (11:30 – 01:00)
- Module 4: Certification Ceremony & Emergency Kit Demo (02:00 – 03:30)

## Certification

Participants will receive an Apply Initial First Aid Certificate upon successful completion of both the theory and practical evaluations. Certification is valid for 2 years and aligns with global best practices for workplace first aid.

## Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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**In-House / Customized Training**

Interested in running this course for your team?

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