

# Essential First Aid & CPR Training

## **COURSE CONTENT**

This course includes both theory and practical components that will give the participants the confidence to act as a first responder in the event of an incident.

Participants will, after completing this course, understand the principles of First Aid and CPR, be able to identify and respond to incidents where the patient requires medical assistance and or CPR, including children, teenagers and adults.

## **ELEMENTS OF COMPETENCY**

- a) Induction safety information
- b) Principles of first aid
- c) Scene Safety
- d) Wounds and bleeding
- e) Burns and scalds
- f) Bites and stings
- g) Seizures
- h) Breathing difficulties and choking
- i) Managing an unconscious patient
- j) Basics of Cardiopulmonary Resuscitation (CPR)
- k) Assessment and protocols
- l) Practical application rates and timing
- m) Maintenance of airways
- n) Managing unconscious casualties

## **COURSE DURATION**

Full Day (8 hours).

## **PARTICIPANTS**

Min 10 Max 12.

## **DESIGNED FOR**

All individuals regardless of employment status, together with members of emergency response teams, health and safety team members, fire wardens and any other employees up to a supervisory level who may be required to assist in the event of an incident.

## **PRE-REQUISITES**

None.

## **ASSESSMENT**

Participants will demonstrate knowledge of the elements of competency during class based training.

Confirmation of their underpinning knowledge is also gathered through demonstrating skills during practical exercises.

## **CERTIFICATION**

Upon successful completion of the course, participants will be issued with a CAM FIRESAFE certificate.

## **QUALITY ASSURANCE**

This course is designed using international best practice principles, which are in line with those used in countries such as Australia

## **DELIVERY METHOD**

Classroom based and practical training consisting of presentations, case studies and training focusing on basic first aid safety principles.

The course is delivered by suitably experienced and qualified trainers, who have years of hands on experience in their field.

**Cam FireSafe Co., Ltd**

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