



Basic First Aid

Course ID HSE209

Accreditation / Certification

The course accreditation and certification is approved and certified by OrientMCT and OSHAD.

Target Audience

Learners who are assumed a position of First Aider in their company. QHSE Managers, Assistant Managers, Decision Makers, Engineers, QHSE supervisors, Safety Officers, Project Staff, Sales Teams, Technical Teams and other working members.

Training Specifics

Duration: 1 Day

Delivery Mode: Classroom / Online

Validity: 1 year

Assessment & Activities

Practical on demonstration of First Aid kit composition, Recovery position, CPR, AED kit operation, Bandage, Slings etc. Doubt clarification, feedback session

Course Overview

The Basic First Aid Course is aimed to give the candidates orientation on the principles of saving lives, to help promote recovery and to prevent further worsening of the condition of the casualty. Where an organization's risk assessment of First Aid needs identifies that there is a requirement for First Aiders then this course satisfies the requirements of the regulatory body for First Aid – OSHAD SF. As per guidelines of OSHAD-SF – CoP - 4.0 – First Aid and Medical Emergency Course Certification is recognized by HAAD

Learning Objectives

- ✓ Understand the role and responsibilities of a first aider
- ✓ Be able to assess an incident
- ✓ Be able to manage an unresponsive casualty who is breathing normally
- ✓ Be able to manage a casualty who is not breathing normally and unresponsive
- ✓ Be able to provide first aid to a casualty who is choking
- ✓ Be able to provide first aid to a casualty with external bleeding
- ✓ Know how to provide first aid to a casualty with minor injuries
- ✓ Know how to provide first aid to a casualty who is in shock

Mobile Scaffolding Operator Safety

Course Outline - Topics in Detail

Session 1

Understand the role and responsibilities of a first aider

- Identify the role and responsibilities of a first aider
- Describe how to minimize the risk of infection to self and others
- Identify the need of establishing consent to provide first aid
- Filling an accident report form
- Identify the first aid equipment and its content that should be available in a workplace
- Describe the safe use of first aid equipment

Be able to assess an incident

- Conduct a scene survey
- Conduct a primary survey of a casualty
- Give examples of when to call EMS

Be able to manage an unresponsive casualty who is breathing normally

- Assess a casualty's level of consciousness
- Open a casualty's airway and check breathing
- Explain why it is important to place an unconscious casualty into the recovery position
- Technique to place an unresponsive casualty in the recovery position

Session 2

Be able to manage an unresponsive casualty who is not breathing normally

- Recognize the need to commence (CPR) Cardio Pulmonary Resuscitation
- Demonstrate Cardio Pulmonary Resuscitation using a manikin
- Demonstrate defibrillation using an (AED) Automated External Defibrillator kit.

Know how to recognize and assist a casualty who is choking

- Describe how to identify casualty with a partially blocked airway & completely blocked airway
- Administer first aid to a casualty who is choking

Be able to manage a casualty with external bleeding

- Identify the types of external bleeding
- Administer first aid to a casualty with external bleeding
- Practical of doing bandage

Administer first aid to a casualty with small cuts, grazes and bruises

- Administer first aid to a casualty who got small cuts, grazes & bruises with help of bandage

Mobile Scaffolding Operator Safety

Session 1

Be able to manage a casualty who is in physiological shock

Recognize physiological shock

Administer first aid to a casualty who is in physiological shock

Be able to manage a casualty with a Low Blood Sugar

Administer first aid to a casualty with Low Blood Sugar

Be able to manage a casualty with a Stroke

Administer first aid to a casualty with Stroke

First aid to a casualty with anaphylaxis.

Identify common triggers for anaphylaxis

Recognize anaphylaxis

Administer first aid for a casualty suffering from anaphylaxis

Be able to manage a casualty with Seizure

Administer first aid to a casualty with Seizure

Course Outline - Topics in Detail

Session 2

Be able to manage a casualty with Bone fracture

Demonstrate first aid to a casualty with Bone fracture and Splinting.

Be able to manage a casualty with Burn

Administer first aid to a casualty with Burn

Be able to manage a casualty with Poisoning

Administer first aid to a casualty with different types of poisoning including calling DPIC

Administer first aid to a casualty with Heat Stress and Hypothermia

Administer first aid to a casualty suffering from heat stress

Understanding how to avoid heat stress

Be able to manage a casualty Emergency Moves

Ways of Rescue/ Take away casualty from poisonous/explosive location to a safer environment