



S. J. W. First Aid Training Services

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SUMMARY OF COURSES

FIRST AID AT WORK (24 Hrs – eg : 4 Days)

(H.S.E Approved)

Programme Includes :-

- Management of the Unconscious Casualty.
- Recovery Position and Resuscitation.
- Treatment of - Bleeding, Shock, Heart Attack, Fainting, Epilepsy, Diabetes, Stroke, Head Injuries, Asthma, Choking, Burns, Poisoning, Fractures, Joint and Muscle Injuries.
- First Aid Boxes and Record Keeping.
- Responsibilities of a First Aider.
- Final Assessment (Theory and Practical)

FIRSTAID AT WORK REFRESHER (Min 12 Hrs – eg : 2 Days)

(H.S.E Approved)

Programme Includes :-

- Revision and update of the latest techniques and Regulations.
- Final Assessment (Theory and Practical)

EMERGENCY / BASIC FIRST AID (4 to 6 Hrs – eg : 1 day)

Suitable for **Appointed Person** in the Workplace or as a **Refresher** course for First Aiders.

Programme Includes :-

- Management of the Unconscious Casualty.
- Recovery Position and Resuscitation.
- Disorders of Respiration.
- Treatment of Bleeding and Shock.
(Appointed Person & Refresher Courses only)
- First Aid Boxes and Record Keeping.
- Subjects relevant to Workplace.

EMERGENCY / BASIC FIRST AID (PAEDIATRIC) (4 to 6 Hrs)

Programme **as above**, including :-

- Child & Baby Resuscitation