



**FIRE AND SAFETY
TRAINING CENTRE**

First Aid and CPR Training Programme

Call 0300 402 7660



Course Content

- Introduction to First Aid
- Vital Signs Applicable to First Aid
- Introduction to First aid Kit
- Heart Attack & its Management
- Recovery Position and its Significance
- Cardiopulmonary Resuscitation (CPR)
- Demonstration of Heimlich Maneuver in Choking Victims
- Brain Stroke and its Management
- Bleeding Control
- Application of Splints in Treating Fractures, Dislocation, Sprains and Strains
- Victim Handover to EMS (Emergency Medical Service)
- Post-traumatic Stress Disorder (PTSD)
- Snake Bite Treatment

*Course content may change without notice.

