

# Heartsaver First Aid CPR & AED

## Basic First Aid CPR & AED

This Heartsaver First Aid course provides training in basic first-aid procedures including the first-aid skills recommended by OSHA in a format that can be delivered in a single day. It also offers elective modules in CPR, AED, and Environmental emergencies.

## Course aims and objectives

This course designed to prepare people to provide CPR or First Aid in a safe, timely, and effective manner.

## Who should attend?

Anyone interested in learning about basic first aid and CPR.

## Program Prerequisites

The program has no specific prerequisites.

## How often training is needed?

You need to take this training every 2 years.

## Content

### First Aid Basics

- Rescuer duties
- Victim and Rescuer Safety
- Phoning for help

### Medical Emergencies

- Breathing problems
- Chocking
- Heart Attack
- Diabetes and low blood sugar
- Stroke
- Seizures
- Shock

### Injury Emergencies

- Bleeding
- Wounds
- Head, Neck, and spine Injury
- Fracture and Sprain

### Environmental Emergencies

- Snakebites
- Insect, Bee & Spider bites & stings
- Temperature – related emergencies

### CPR and AED

- Adult, Child & Infant CPR
- AED demonstration
- Adult & Child choking



## Course dates

29.01.2012  
19.02.2012  
18.03.2012  
01.04.2012  
06.05.2012  
10.06.2012  
02.07.2012  
27.08.2012  
10.09.2012  
21.10.2012  
04.11.2012  
25.12.2012

## Assessment Method

Each Candidate will receive a certificate from RRC Middle East upon successfully completing the written and practical assessments.

## Course duration

10 hrs

## Course time

Block Release: 07:30 - 3:30 hrs

Evening Session: 15:30 to 19:30 hrs

## Course Fees

BD 150/- per delegate

Authorized Provider  
of CPR and ECC Courses

American Heart  
Association®   
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RRC Middle East is  
ISO 9001 certified



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