

Course outline: First Aid, AED& CPR

Course Description:

This course provides instruction on essential first aid, AED, and CPR techniques for effective emergency response. It focuses on practical skills, safety protocols, and the management of medical emergencies.

Course Details

Guided Learning Hours: 6-8 hours

Pre-requisites:

Good Physical standing

Minimum Learners per Class: 5

Maximum Learners per Class: 16

Learning Outcomes/ Key Topics:

- Introduction to First Aid & CPR
- Assessing the situation
- CPR techniques
- Basic First Aid Skills
- Emergency Situations
- Practical Skills Assessment