Training Course on First Aid and Basic Life Support at Work

Professional Development Training Course Outline

Category	Occupational Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today's fast-paced and dynamic work environments, immediate and effective emergency response can make the difference between life and death. Training Course on First Aid and Basic Life Support at Work is tailored to equip employees, safety officers, and managers with life-saving skills, ensuring they are fully prepared to respond to workplace emergencies. With workplace injuries and sudden health issues on the rise, possessing first responder training not only safeguards lives but also promotes a safer, more resilient organization.

This comprehensive course focuses on the most up-to-date protocols in basic life support, CPR, AED usage, wound care, and emergency preparedness. Delivered by certified professionals, this training incorporates hands-on simulations, real-life case studies, and interactive workshops to create a rich and engaging learning experience. Whether you’re a beginner or refreshing your certification, this course ensures your workplace is empowered with the essential tools to respond promptly and effectively.

Programme Curriculum

Training Course on First Aid and Basic Life Support at Work

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refreshing your certification, this course ensures your workplace is empowered with the essential tools to respond promptly and effectively.

Course Objectives

By the end of this course, participants will:

1. Understand the principles of first aid and their importance in the workplace.
2. Identify and respond to cardiac arrest and respiratory emergencies using BLS techniques.
3. Demonstrate effective CPR for adults, children, and infants.
4. Operate an Automated External Defibrillator (AED) safely and accurately.
5. Manage common workplace injuries including cuts, burns, fractures, and bleeding.
6. Respond to choking and airway obstruction emergencies.
7. Understand and manage shock, fainting, and allergic reactions.
8. Perform wound dressing and immobilization techniques.
9. Handle environmental emergencies like heatstroke and hypothermia.
10. Execute a proper emergency action plan at work.
11. Identify the legal and ethical aspects of administering first aid.
12. Develop communication and leadership skills during emergency response situations.
13. Evaluate incidents and document accident reports correctly and efficiently.

Target Audience

1. Safety Officers
2. HR Professionals
3. Supervisors & Team Leaders
4. Construction Workers
5. Manufacturing Staff
6. Healthcare Support Staff
7. School and University Staff
8. General Employees seeking Certification

Course Duration: 5 days

Course Modules

Module 1: Introduction to First Aid and Legal Responsibilities

- Importance of First Aid in the workplace
- Roles and responsibilities of a first aider
- Legal and ethical considerations
- Universal precautions and infection control
- Personal protective equipment (PPE)
- **Case Study**: Legal implications of providing first aid in a warehouse

Module 2: Cardiopulmonary Resuscitation (CPR) Basics

- Adult CPR techniques and guidelines
- Child and infant CPR modifications
- Hands-only CPR vs. traditional CPR
- Checking for responsiveness and breathing
- Recovery position post-CPR
- **Case Study**: Responding to sudden cardiac arrest in an office

Module 3: Automated External Defibrillator (AED) Use

- What is an AED and how it works
- When and how to use an AED
- Safety precautions with AED usage
- Integration with CPR
- AED maintenance and workplace compliance
- **Case Study**: AED used during a factory collapse incident

Module 4: Managing Choking and Airway Obstructions

- Recognizing signs of choking
- Heimlich maneuver for adults and children
- Back blows and chest thrusts
- Unconscious choking procedures
- Preventive measures in high-risk workplaces
- **Case Study**: Restaurant staff saves choking customer

Module 5: Controlling Bleeding and Wound Management

- Types of wounds and bleeding
- Direct pressure and bandaging techniques
- Tourniquet use and guidelines
- Managing nosebleeds, amputations, and embedded objects
- Importance of tetanus prevention
- **Case Study**: Machine-related bleeding incident in a factory

Module 6: Fractures, Sprains, and Soft Tissue Injuries

- Recognizing fractures vs. sprains
- Immobilization and splinting techniques
- Cold and elevation treatments
- First aid for burns and scalds
- Musculoskeletal injury management protocols
- **Case Study**: Ladder fall in a construction site

Module 7: Environmental and Medical Emergencies

- Responding to heatstroke and hypothermia
- Seizure management
- Diabetic emergencies
- Allergic reactions and use of epinephrine
- Asthma and respiratory attacks
- **Case Study**: Managing an anaphylactic reaction during a company picnic

Module 8: Emergency Planning and Incident Reporting

- Developing a workplace emergency plan
- Communication protocols during emergencies
- First aid kits and emergency resources
- Debriefing after an incident
- Accurate documentation and accident reports
- **Case Study**: Coordinated response during a power outage and injury

Training Methodology

- Interactive instructor-led sessions
- Hands-on practice and role-playing scenarios

- Real-life workplace case study discussions
- Group activities and problem-solving exercises
- Assessments through quizzes and skill demonstrations
- Training manuals, visual aids, and digital resources provided

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com