

First Aid with CPR Techniques

HEALTH

OSALP 2009 Open Enrolment Course



With the constantly changing of the art and science of medicine, the proper immediate medical attention to those who suffer injury should be in line with the latest practices and medical thought.

This new open course offering from OSALP uses the latest techniques now available for the First Aiders

OSALP International professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

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www.safetyinfo.com.pk



OSALP

Occupational Safety & Loss Prevention
www.osalp.com.pk



www.oti.com.pk

First Aid with CPR: 1 day seminar

This course gives participants the skills and knowledge of basic first aid needed to be able to deal with the injuries most likely to occur in everyday life. Upon successful completion of practical and theory assessment a certificate of competency is issued as well.

The Course

Some of the topics included are:

- ◆ Understand the principles of first aid
- ◆ Understand recovery position (demonstration & practice)
- ◆ Understand the respiratory system
- ◆ Apply Expired Air Resuscitation (EAR) (demonstration & practice)
- ◆ Apply DRABC & alternative recovery position practice
- ◆ Understand the circulatory system
- ◆ Understand conditions affecting consciousness
- ◆ Recognize alternative recovery position variations
- ◆ Recognize and manage bleeding (demonstration & practice)
- ◆ Understand the skeletal system
- ◆ Treat fracture (demonstration & practice)
- ◆



What will you learn?

This workshop will enable participants to:

- ◆ Face up the feelings of dealing with a "real situation" in order to better cope with the unexpected
- ◆ Comply with the golden rule of : First do not harm" while applying the principals of "calculated risks"
- ◆ How to keep your self calm in an emergency
- ◆ Responsibilities of the first aider
- ◆ Your survival kit and YOU
- ◆ Protect yourself against infection from the causality
- ◆ Step by Step approach to handle all emergencies
- ◆ Use CPR on CPR Manikin
- ◆ Recognize and treat poisons, bites & stings
- ◆ Understand the eye & ear



Who Should Attend

Staff in any organization including

- ◆ HSE Staff
- ◆ First Aiders
- ◆ Employees with additional responsibilities of HSE
- ◆ Supervisors and Team members

Registration

Please contact **Sara Kalsoom**,
Facilitator Corporate Services with participants' details:

- ◆ Email: sara@osalp.com.pk
- ◆ Phone: 042-660 1495, 042-6610391 -5
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-6610396

Dates 2009

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|------------|-----|-----------|
| ◆ 16th Feb | Mon | Islamabad |
| ◆ 13th Jul | Mon | Lahore |
| ◆ 17th Oct | Sat | Islamabad |

Course Fee

- ◆ **Course fee = Rupees 8,000/Person**
- ◆ Course fee is inclusive of training booklets, lunches, teas, home assignments and training certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.