MERCURY

First Aid and CPR

7 – 11 June 2027
Cape Town (South Africa)



Dubai - UAE: +971 4 450 5697
Istanbul - Türkiye: +90 539 599 1206
Amman - Jordan: +962 79 712 3347

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First Aid and CPR

Ref: 16294_1070098 **Date:** 7 – 11 June 2027 **Location:** Cape Town (South Africa) **Fees:** 5300 Euro

Introduction to First Aid and CPR Training:

The First Aid and CPR training course equips participants with the knowledge and critical response skills necessary for life-saving situations. This training course provides theoretical foundations and practical techniques essential for responding to sudden injuries, cardiac events, and other life-threatening incidents.

Participants will learn standardized procedures that align with internationally recognized guidelines for workplace and community safety. The scope of the First Aid and CPR course encompasses understanding human anatomy, identifying emergency risks, and applying appropriate interventions promptly and effectively.

Participants will develop the confidence to respond effectively until professional medical help arrives. This First Aid and CPR program is essential for enhancing public health awareness and preparedness in emergencies. It empowers participants with the ability to save lives and prevent further harm in critical situations.

Targeted Groups:

This First Aid and CPR training targets professionals seeking specialized knowledge and skills:

- Workplace safety officers.
- Teachers and school staff.
- Healthcare support staff and volunteers.
- Emergency response team members.
- Sports coaches and trainers.
- Corporate employees in safety-sensitive industries.
- Parents and caregivers.
- Security and law enforcement personnel.
- Community organization leaders.
- Public transportation staff.

Course Objectives:

Participants will achieve the following objectives by completing the First Aid and CPR course:

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- Understand the principles of first aid and emergency response.
- Identify and assess various medical emergencies promptly and effectively.
- Demonstrate the correct steps for performing CPR on adults, children, and infants.
- Apply safe and effective techniques to control bleeding and manage wounds.
- Recognize signs of shock, cardiac arrest, and respiratory distress.
- Execute proper methods to stabilize fractures and prevent further injury.
- Communicate effectively with emergency services and provide accurate incident reports.
- Evaluate environmental risks and implement preventative safety measures.
- Develop quick decision-making skills under pressure.
- Enhance teamwork and coordination during emergency response.
- Gain confidence in using automated external defibrillators AEDs.
- Apply ethical and legal considerations in providing first aid.
- Reflect on case studies and improve performance through scenario-based learning.
- Strengthen the ability to stay calm and act systematically during emergencies.

Targeted Competencies:

Participants will gain the following competencies during the First Aid and CPR program:

- Competence in performing CPR safely and effectively.
- Ability to assess and manage medical emergencies.
- Skills in controlling bleeding and wound care.
- Knowledge of stabilizing fractures and injury prevention.
- Communication and teamwork during emergencies.
- Decision-making under pressure.
- Understanding of legal and ethical first aid practices.
- Risk evaluation and preventative safety awareness.
- Proficiency in AED use and incident reporting.

Studying Scenarios:

In this First Aid and CPR training, participants will develop their skills through the analysis of the following scenarios:

- Responding to a sudden cardiac arrest in the workplace.
- Managing choking incidents in children and adults.
- Providing first aid during sports-related injuries.
- Assisting accident victims until emergency services arrive.
- Handling allergic reactions and anaphylactic shock cases.
- Responding to burn injuries at home or the workplace.
- Stabilizing fractures after falls or physical trauma.
- Managing multiple victims during disaster scenarios.
- Delivering CPR in confined or high-stress environments.
- Applying safety measures to prevent the recurrence of incidents.

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Course Content:

Unit 1: Foundations of First Aid and CPR:

- Definition, purpose, and importance of first aid.
- Legal and Ethical Responsibilities in Emergency Care.
- Anatomy and physiology basics relevant to first aid.
- Assessing scene safety before intervention.
- Identifying types of medical emergencies.
- Role of emergency responders and coordination with medical services.
- Principles of infection control and personal safety.
- Communication and documentation in emergencies.
- Psychological preparedness for crisis response.

Unit 2: Cardiac Emergencies and CPR Techniques:

- Recognizing cardiac arrest and heart attack symptoms.
- Chain of survival principles.
- Adult CPR: Compression and Ventilation Techniques.
- Child and infant CPR adjustments.
- Recovery positions and post-resuscitation care.
- Using an automated external defibrillator AED.
- Safety precautions while using AEDs.
- Hands-only CPR and its applicability.
- Managing respiratory distress and airway obstructions.

Unit 3: Wound Care and Bleeding Control:

- Types of wounds and bleeding severity levels.
- Direct pressure and elevation methods for bleeding control.
- Use of bandages, dressings, and tourniquets.
- Recognizing and managing internal bleeding.
- First Aid for Burns: Thermal, Chemical, and Electrical.
- Managing shock symptoms effectively.
- Infection prevention in open wounds.
- Stabilizing impaled objects without removal.
- Case studies of workplace and household injuries.

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Unit 4: Injury and Trauma Management:

- First aid for fractures, sprains, and dislocations.
- Techniques for immobilizing injured limbs.
- Identifying and managing head, neck, and spinal injuries.
- First aid for eye and dental injuries.
- Managing poisoning and toxic exposures.
- Heat-related and cold-related emergency care.
- First aid for seizures and diabetic emergencies.
- Practical scenarios on injury prioritization.
- Coordinating with emergency medical professionals.

Unit 5: Integrated Emergency Response:

- Evaluating multiple casualty incidents.
- Prioritizing treatment in disaster situations.
- Effective teamwork and leadership during emergencies.
- Performing triage assessments.
- Communicating with emergency services under stress.
- Documenting incidents accurately and legally.
- Reviewing real-world case studies for theoretical learning.
- Preventive measures and safety planning strategies.
- Post-incident evaluations and continuous improvement.

Final Insights & Key Takeaways:

This First Aid and CPR course empowers participants with critical emergency response skills. It emphasizes life-saving actions aligned with international best practices. Participants will develop the confidence to manage crises calmly and effectively. The course enhances public safety awareness, ensuring a safer community and workplace environment.