MERCURY

Emergency First Aid at Work (EFAW) Training Course

14 – 25 February 2027
Manama (Bahrain)



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Istanbul - Türkiye: +90 539 599 1206
Amman - Jordan: +962 79 712 3347

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Ref: 15538_313960 **Date:** 14 – 25 February 2027 **Location:** Manama (Bahrain) **Fees:** 8000 Euro

Introduction:

The emergency first aid at work EFAW course is designed to equip you with the necessary skills and knowledge to handle emergencies at work and offer scenario training for various workplace First Aid incidents. It will make participants proficient in managing and controlling first-aid workplace accidents. They will be awarded a TQUK RQF certificate, valid for a set period and demonstrating their competence in emergency first aid at work.

In the emergency first aid at work EFAW training, participants receive an emergency first aid at work certificate, indicating their capability to handle first aid emergencies in their work environment. It should be refreshed regularly to ensure that responders are up-to-date with the latest techniques and practices and comply with emergency first aid at work standards.

The emergency first aid at work EFAW course provides essential knowledge and skills for responding to immediate health emergencies. It is designed to introduce participants to the core practices of first aid and equip them with lifesaving techniques. EFAW training includes a variety of modules that cover a broad spectrum of scenarios, ranging from minor injuries to critical emergencies that one might encounter at work.

Targeted Group:

- Employees across different sectors are looking to acquire fundamental first-aid abilities.
- Best suited for environments with low-risk hazards.
- Ideal for small to medium enterprises with basic first aid necessities.
- It is suitable for professionals from any industry, including but not limited to offices, retail establishments, hospitality, and schools.
- Individuals who need previous first aid training.
- Employees designated to act as the initial emergency responders.
- Beneficial for workplaces focusing on enhancing safety and regulatory compliance.
- Managers, supervisors, and any staff engaged with health and safety regulations.
- Thorough coverage of typical workplace injuries and medical crises.
- Equipping individuals with hands-on skills to manage accidents until the arrival of medical experts.

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Course Objectives:

By the end of this emergency first aid at work EFAW course, participants will:

- Understand the role and duties of a first aider.
- Know how to evaluate emergencies safely.
- Offer aid to responsive and non-responsive individuals with normal breathing.
- Provide first aid for a casualty who is suffering a seizure.
- Provide first aid for a casualty who is unresponsive and not breathing normally.
- Attach AED pads accurately.
- Address cases of shock with appropriate first aid.
- Provide first aid to a casualty with external bleeding.
- Manage a casualty with a minor injury.
- Handle choking incidents effectively.
- Perform a detailed secondary survey.
- Administer aid for injuries affecting bones, muscles, and joints.
- Tackle head and spinal trauma.
- Administer first aid to a casualty with suspected chest injuries.
- Be able to administer first aid to a casualty with burns and scalds.
- Explain the factors that affect the severity of burns and scalds.
- Administer first aid to a casualty with an eye injury.
- Provide care for first aid to a casualty with sudden poisoning.
- Administer first aid to a casualty with anaphylaxis.
- Provide first aid to a casualty with a suspected major illness.

Targeted Competencies:

At the end of this emergency first aid at work EFAW training, the target competencies will:

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- Proficiency in basic first aid techniques.
- Quick and efficient emergency assessment and management.
- Able to perform CPR and use AEDs.
- Respond to common workplace injuries like burns, cuts, and fractures.
- Effectively control bleeding and apply bandages.
- Deal with choking and assist with airway obstructions.
- Appreciate the legal and ethical aspects of first aid.
- Communicate with emergency services effectively.
- Understand specific workplace protocols for emergencies.
- Remain calm and reassure injured persons aptly.

Course Content:

Unit 1: General First Aid Information:

- Basic first aid principles and practices.
- The significance of timely emergency intervention.
- The ABCs of first aid: Airway, Breathing, Circulation.
- The Chain of Survival and its Emergency Response Relevance.
- Common workplace hazards and injuries.
- Recognizing medical emergencies like heart attacks and strokes.
- Conducting primary surveys for injury assessment.
- Implementing personal protective equipment PPE during first aid.
- Safely administering first aid and maintaining the environment.
- Documentation and reporting post-incident.

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Unit 2: Evaluation of the Patient/Scene:

- Instruction on fundamental techniques to sustain life in emergencies.
- Training in cardiopulmonary resuscitation CPR for adults, children, and infants.
- Demonstration of proper hand placement and compression depth during CPR.
- Guidance on providing rescue breaths and maintaining an open airway.
- Practice using automated external defibrillators AEDs to restore heart rhythm.
- Instruction on recognizing cardiac arrest and initiating immediate CPR.
- Training in assessing pulse and breathing to determine the need for CPR.
- Education on the importance of early defibrillation in improving survival rates.
- Techniques for performing CPR effectively as part of a team or alone.
- Emphasis on the critical role of BLS in increasing the chances of survival for individuals experiencing cardiac arrest.

Unit 3: Basic Life Support BLS:

- Instruction on fundamental techniques to sustain life in emergencies.
- Training in cardiopulmonary resuscitation CPR for adults, children, and infants.
- Demonstration of proper hand placement and compression depth during CPR.
- Guidance on providing rescue breaths and maintaining an open airway.
- Practice using automated external defibrillators AEDs to restore heart rhythm.
- Instruction on recognizing cardiac arrest and initiating immediate CPR.
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Unit 4: First Aid in Bleeding:

- Identification and control of bleeding using direct pressure and elevation techniques.
- Application of sterile dressings and pressure bandages to wounds.
- Instruction on recognizing signs of severe bleeding and administering appropriate interventions.
- Guidance on how to manage nosebleeds and control bleeding from minor injuries.
- Emphasis on maintaining pressure on the wound until professional help arrives.

Unit 5: First Aid in Injuries:

- Recognition and assessment of various injuries, including cuts, bruises, and abrasions.
- Cleaning and dressing of wounds to prevent infection.
- Instruction on immobilizing injured limbs to prevent further damage.
- Training in the use of splints and bandages for stabilizing fractures and dislocations.
- Education on monitoring for signs of infection or complications in injured individuals.

Unit 6: First Aid in Burns, Freezing, and Heat Bumps:

- Assessment of burn severity and determination of appropriate first aid measures.
- Instruction on cooling minor burns with clean water and covering with sterile dressings.
- Guidance on managing severe burns, including the importance of seeking medical attention.
- Education on recognizing and treating frostbite and heat-related illnesses.
- Training in providing comfort measures and preventing further injury in individuals with burns or heat bumps.

Unit 7: First Aid in Fractures, Dislocations, and Sprains:

- Recognition of signs and symptoms of fractures, dislocations, and sprains.
- Immobilization of injured joints or limbs using splints or slings.
- Instruction on supporting the injured area and minimizing movement to prevent further damage.
- Education on managing pain and swelling associated with fractures and sprains.
- Training in assessing circulation and sensation in injured limbs to monitor for complications.

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Unit 8: First Aid in Consciousness Disorders:

- Assessment of the level of consciousness using the AVPU scale.
- Recognition of common consciousness disorders such as fainting and seizures.
- Instruction on maintaining a safe environment for individuals experiencing consciousness disorders.
- Guidance on positioning the individual to prevent injury during episodes of unconsciousness.
- Education on monitoring vital signs and reassuring the individual until consciousness is regained.

Unit 9: First Aid in Poisoning:

- Identification of signs and symptoms of poisoning, including nausea, vomiting, and altered mental status.
- Instruction on removing the individual from the source of poisoning and ensuring personal safety.
- Guidance on contacting emergency medical services and providing relevant information about the poison.
- Training in administering first aid measures such as dilution or removing the poison if safe to do so.
- Education on monitoring the individual's condition and providing supportive care until professional help arrives.

Unit 10: First Aid in Animal Bites:

- Assessment of the wound and determination of the risk of infection or rabies transmission.
- Instruction on cleaning the wound thoroughly with soap and water.
- Guidance on controlling bleeding and applying sterile dressings to the bite site.
- Training in recognizing signs of infection and seeking medical attention promptly.
- Education on the importance of reporting the incident to appropriate authorities, especially for animal bites that break the skin.

Unit 11: First Aid for Eye, Ear, and Nose Foreign Body Escape:

- Recognition of foreign body escapes signs and symptoms, including pain, redness, and irritation.
- Instruction on safely removing visible foreign objects from the eye, ear, or nose using appropriate techniques.
- Guidance on flushing the affected area with clean water to help dislodge foreign bodies.
- Training in seeking medical attention for embedded or deeply lodged foreign objects.
- Education is also needed to prevent further injury and avoid rubbing or touching the affected area.

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Unit 12: First Aid in Drowning

- Assessment of the individual's condition and determination of the need for emergency rescue.
- If possible, instruction on safely removing the individual from the water while ensuring personal safety.
- Guidance on checking for signs of breathing and initiating CPR if necessary.
- Training in providing rescue breaths and chest compressions for individuals in cardiac arrest.
- Education on monitoring the individual's condition and providing continuous care until professional help arrives.

Unit 13: Patient/Injured Transport Techniques

- Evaluation of the patient's condition to determine the appropriate method of transport.
- Instruction on safely moving injured individuals using manual handling techniques.
- Guidance on using stretchers or other equipment for transporting patients with suspected spinal injuries.
- Training in coordinating with emergency medical services for the safe and efficient transfer of patients.
- Education on maintaining stability and supporting injured areas during transport to prevent further harm.