



## Course Title: NSC First Aid, CPR & AED

<b>Target Audience:</b>	Personnel designated as First Aiders who require an internationally recognised qualification
<b>Language</b>	English, Hindi and Arabic
<b>Aims:</b>	To provide knowledge and skills to meet the changing needs of emergency responders in line with current National Safety Council agreed protocols
<b>Objectives:</b>	Upon successful completion of this course the attendee will be able to: <ul style="list-style-type: none"><li>• Understand the Principles of First Aid</li><li>• Recognise an Emergency;</li><li>• Find out what's wrong; Vital signs</li><li>• Perform adult rescue for Breathing / Choking and CPR</li><li>• Treat bleeding and shock</li><li>• Apply wounds dressing and bandages</li><li>• Administer burns</li><li>• Deal with sudden illnesses</li><li>• Splint the extremities</li><li>• Deal with poisoning, Bites, stings and heat-related emergencies</li><li>• Use appropriate techniques for rescuing and moving victims</li></ul>
<b>Prerequisite:</b>	Basic knowledge in First Aid is recommended.
<b>Assessment</b>	Multiple choice questions , Observations, Practical Demonstrations Simulations
<b>Certification:</b>	National Safety Council (USA) Certification
<b>Duration:</b>	1 Day
<b>Validity:</b>	3 Years (Annual CPR & AED refresher is mandatory to keep the certificate valid)
<b>Venue:</b>	OTI facilities Muscat, Safah and Mukhaizna or the client's facilities if suitable.
<b>No of Delegates</b>	4 - 16

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