



## Course Title: First Aid & CPR

<b>Target Audience:</b>	Personnel who have been designated as First Aiders
<b>Language</b>	English, Hindi and Arabic
<b>Aims:</b>	To provide attendees with the knowledge and skills to develop competence in administering first aid to save life.
<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>• Administer bleeding and shock</li><li>• Apply wounds dressing, bandages and splint the extremities</li><li>• Administer burns</li><li>• Deal with sudden illnesses</li><li>• Deal with poisoning, Bites and stings</li><li>• Deal with heat-related emergencies</li><li>• Use appropriate techniques for rescuing and moving victims</li></ul>
<b>Prerequisite:</b>	Basic knowledge in First Aid is preferred.
<b>Assessment</b>	Multiple choice questions , Observations, Practical Demonstrations Simulations
<b>Certification:</b>	OTI Certification
<b>Duration:</b>	1 Day (Annual CPR refresher is recommended)
<b>Validity:</b>	3 Years
<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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