

## Workshop on

# "First Aid Training with Cardiopulmonary Resuscitation (CPR)" 1-Day Program

## About Us

We are the training providers and deals in Technical, HSEQ, Management and Soft Skills Training.

We have highly knowledgeable and experienced local & foreign subject matter experts. Our team is highly focused and provides the best support as per your requirements and needs.

We provide a platform from where you can add value in you teams. We are highly fascinated on the development of your Technical and Management Teams.

We can provide on-site and classroom training.

## Trainer's Profile

The trainer has completed his Engineering in Industrial Safety and Management from NED and has completed his MBA from IBA. He has around 10 years' experience in Safety and Process Improvement. He has also been associated with Schneider Electric Pakistan as their Head of HSEQ.

Strong technical knowledge of HSEQ and Process Improvement. He has sound management capabilities. His expertise in Factory Ergonomics, First Aid and CPR, Risk Management, Emergency Response and Planning and Statistical Analysis.

He is currently working as an HSEQ consultant on multiple projects. He has worked with K-Electric, Toyota Indus, Lotte, Engro, Sindh Police, Pakistan Rangers, Generation Institute of Nursing and many more. He is passionate about coaching and counselling and he has trained over 1000 personals and conducted multiple sessions in different topics relevant to HSEQ.

The Trainer completed the following certifications:

- First Aid, CPR & AED (Train The Trainer) by OSALP
- Occupational Safety & Loss Prevention
- Industrial Safety & Fire Fighting
- Basic Life Support & CPR
- 6-Sigma (Green Belt)

## Training Content:

- PRE TEST
- TRAINING SEESION - PART 1
  - ANATOMY & PHYSIOLOGY OF HEART
  - DIFFERENCE - CARDIAC ARREST VS. HEART ATTACK
  - PRINCIPLES OF FIRST AID
  - SETUP COMMAND FOR FIRST AID
- TRAINING SESSION - PART 2
  - WHAT IS CPR
  - CHAIN OF SURVIVAL IN CPR
  - VICTIM CLASSIFICATION - INFANT, CHILD, ADULT
  - CHOKING AND CPR FOR NEONATAL, INFANT & CHILD
  - CHOKING AND CPR FOR ADULT
  - CHOKING AND CPR FOR PRAGENENT WOMEN
- TRAINING SESSION - PART 3
  - PUBLIC HEALTH ISSUES
  - COMMUNITY EMERGENCY CASES
  - FIRST AID FOR SNAKE BITES, STING BITES
  - FIRST AID FOR CUTS, BLEEDS AND FRACTURES
  - WORK RELATED RISKS AND HAZARDS
- POST TEST

Tools & Gadgets use in the session (will be carried by us):

1. Manikin - Adult dummy
2. Manikin - Infant dummy
3. AED Machines
4. Anti-chocking kit
5. Anti-Venom kit
6. First Aid Box
7. First Aid and CPR take away notes
8. Ambu bag
9. CPR mouth to mouth breathing rescue shield
10. Other miscellaneous items necessary for training

The  
**HIPP CAMPUS**  
Industrial Training & Consulting

### Contact Us

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