



# **The Comprehensive First Aid Manual Training Course**

03 - 07 Sep 2025  
Cape town



# The Comprehensive First Aid Manual Training Course

**Ref.:** 36175\_13942 **Date:** 03 - 07 Sep 2025 **Location:** Cape town **Fees:** 6000 **Euro**

## The First Aid Manual Training Course Overview:

This comprehensive 'The First Aid Manual Training Course' provides an in-depth understanding of essential first aid practices. Covering everything from Basic Life Support, CPR Training, and AED Use, to Emergency First Aid, this course is tailored for those seeking robust, practical knowledge in handling medical emergencies. Participants will learn critical skills such as Injury Assessment in First Aid, managing Respiratory Emergency First Aid, and effectively responding to Choking incidents in adults, children, and infants. Additionally, the course delves into specialized areas like Stroke and Heart Attack Response, Seizure Management, and First Aid for Heatstroke and Hypothermia. Advanced modules include Mental Health First Aid and First Aid for Major Incidents, ensuring a well-rounded skill set for all attendees. Ideal for workplace readiness, this course also aligns with HSE Approved First Aid Training standards, making it a must-have qualification for professionals across various industries.

## Target Audience:

- Safety officers
- Healthcare professionals
- School teachers
- Sports coaches
- Corporate employees
- Facility managers
- Human resources personnel

## Targeted Organizational Departments:

- Human Resources
- Health and Safety
- Facility Management
- Educational Departments
- Emergency Response Teams

## Targeted Industries:

- Healthcare
- Education
- Construction
- Sports
- Corporate Sectors
- Manufacturing
- Hospitality

## Course Offerings:

Participants will acquire skills and knowledge in:

- CPR for adults, children, and infants
- AED operation and training
- Managing shock and severe bleeding
- Treating burns and scalds
- Fracture management
- Handling poisoning and allergic reactions
- Emergency childbirth first aid
- Conducting injury assessments
- Mental health first aid
- First aid for major incidents
- Compliance with HSE approved first aid training

## Training Methodology:

This course employs a blend of interactive sessions, practical demonstrations, case studies, and group work. Participants will engage in hands-on practice with AEDs, role-play scenarios for emergency childbirth, and simulations for handling major incidents and mental health crises.

## Course Toolbox:

- Online first aid resources
- Case study and scenario-based learning materials

## Course Agenda:



## **Day 1: Fundamentals of First Aid**

- **Topic 1:** What is a First Aider? Understanding Roles and Responsibilities
- **Topic 2:** How to Prepare Yourself for First Aid Situations
- **Topic 3:** Protection from Infection: Safety Measures and Best Practices
- **Topic 4:** Assessing the Sick or Injured: Initial Steps and Considerations
- **Topic 5:** Mechanisms of Injury: Identifying Causes and Effects

## **Day 2: Emergency Response and Basic Life Support**

- **Topic 1:** Primary Survey: Rapid Assessment Techniques
- **Topic 2:** Secondary Survey: Detailed Assessment Strategies
- **Topic 3:** CPR Training for Adults, Children, and Infants
- **Topic 4:** AED Use and Training: Automated External Defibrillator Essentials
- **Topic 5:** Breathing and Circulation: Managing Respiratory Emergencies

## **Day 3: Managing Specific Emergencies and Conditions**

- **Topic 1:** Life-saving Priorities: Making Critical Decisions
- **Topic 2:** First Aid for Unconscious Casualties: Adults, Children, and Infants
- **Topic 3:** Choking First Aid: Techniques for All Ages
- **Topic 4:** Managing Shock and Severe External Bleeding
- **Topic 5:** Handling Specific Injuries: Burns, Scalds, and Fractures

## **Day 4: Advanced First Aid Techniques and Special Situations**

- **Topic 1:** Poisoning and Allergic Reaction Management
- **Topic 2:** Stroke and Heart Attack Response: Critical Care Steps
- **Topic 3:** Seizure Management and Hypoglycemia Response
- **Topic 4:** Emergency Childbirth First Aid: Key Guidelines and Procedures
- **Topic 5:** First Aid for Heatstroke, Hypothermia, and Environmental Injuries

## **Day 5: Practical Application and Specialized First Aid Training**

- **Topic 1:** Bandaging Techniques and Injury Stabilization
- **Topic 2:** Spinal Injury and Head Trauma Management
- **Topic 3:** First Aid for Major Incidents and Workplace Accidents
- **Topic 4:** Mental Health First Aid: Recognizing and Responding to Crises
- **Topic 5:** Action in an Emergency: Bringing It All Together



## **How This Course is Different from Other First Aid Training Courses:**

'The First Aid Manual Training Course' stands out due to its comprehensive curriculum, blending traditional first aid techniques with modern approaches like Mental Health First Aid and specialized modules for workplace and industry-specific needs. The course goes beyond standard CPR and Basic Life Support training, delving into complex scenarios such as Emergency Childbirth First Aid and Major Incident Management. Its interactive methodology ensures participants are not only knowledgeable but also confident in applying their skills in real-world situations.



## Training Course Categories



**Finance and  
Accounting Training  
Courses**



**Agile PM and Project  
Management Training  
Courses**



**Certified Courses By  
International Bodies**



**Communication and  
Public Relations  
Training Courses**



**Data Analytics Training  
and Data Science  
Courses**



**Environment &  
Sustainability Training  
Courses**



**Governance, Risk and  
Compliance Training  
Courses**



**Human Resources  
Training and  
Development Courses**



**IT Security Training & IT  
Training Courses**



**Leadership and  
Management Training  
Courses**



**Legal Training,  
Procurement and  
Contracting Courses**



**Maintenance Training  
and Engineering  
Training Courses**



# Training Course Categories



**Marketing, Customer Relations, and Sales Courses**



**Occupational Health, Safety and Security Training Courses**



**Oil & Gas Training and Other Technical Courses**



**Personal & Self-Development Training Courses**



**Quality and Operations Management Training Courses**



**Secretarial and Administration Training Courses**



## Training Cities



**Accra - Ghana**



**Amman - Jordan**



**Amsterdam - Netherlands**



**Baku - Azerbaijan**



**Bali - Indonesia**



**Bangkok - Thailand**



**Barcelona - Spain**



**Cairo - Egypt**



**Cape town - South Africa**



**Casablanca - Morocco**



**Doha - Qatar**



**Dubai - UAE**



**Geneva - Switzerland**



**Istanbul - Turkey**



**Jakarta - Indonesia**



**Johannesburg - South Africa**





## Training Cities



**Kuala Lumpur -  
Malaysia**



**Langkawi -  
Malaysia**



**London - UK**



**Madrid - Spain**



**Manama - Bahrain**



**Milan - Italy**



**Nairobi - Kenya**



**Paris - France**



**Phuket - Thailand**



**Prague - Czech  
Republic**



**Rome - Italy**



**Sharm El-Sheikh -  
Egypt**



**Tbilisi - Georgia**



**Tokyo - Japan**



**Vienna - Austria**



**Zanzibar - Tanzania**



**AGILE LEADERS**  
Training Center

# Training Cities



**Zoom - Online  
Training**

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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