



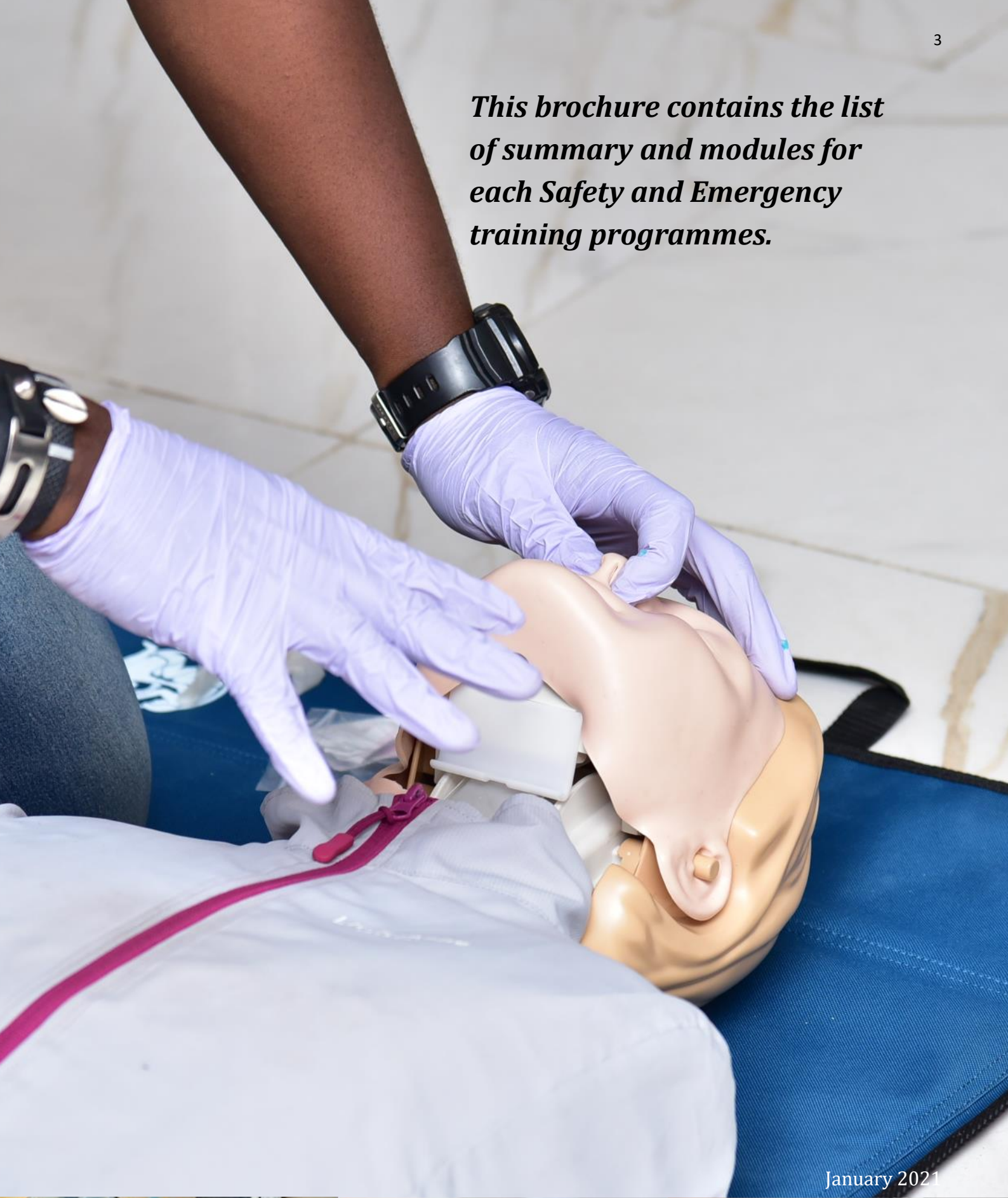
COURSE BROCHURE





With a purpose to make meaning of the existence of life and to protect it, First Aid Services Nigeria focuses on service delivery in the areas of Health and Safety with emphasis on Accident Prevention, Emergency Preparedness and Emergency Response .

This brochure contains the list of summary and modules for each Safety and Emergency training programmes.



January 2021



The International Labour Organisation (ILO) estimates that around 800 people globally are killed daily as a result of work-related injuries, and every day, people die as a result of occupational accidents or work-related diseases resulting in more than 2.78 million deaths per year. According to the World Health Organization (WHO), injuries resulting from Road Traffic Accidents, drowning, poisoning, falls, burns and violence from assault, self-inflicted violence or acts of war kill more than 5 million people worldwide annually and cause harm to millions more.

It is, therefore, imperative for organisations to be prepared for unforeseen situations that may result in harms to their personnel and damages to their property. Workplace Health and Safety training assists employees to adapt to their organisation's Occupational Health and Safety Management Systems.

The Safety and Emergency Preparedness Training Programmes utilise practical approaches to present participants with the necessary tools and information needed to identify workplace hazards, conduct Risk Assessments and plan and implement Corrective Actions.

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FIRST AID AWARENESS

First Aid Awareness provides an orientation about the importance of First Aid and basic theoretical steps to handle common First Aid situations.



Modules

- ⇒ Principles of First Aid.
- ⇒ Safety in First Aid.
- ⇒ First Aid in COVID-19.
- ⇒ Cardiopulmonary Resuscitation (CPR)
- ⇒ Choking.
- ⇒ Shock.
- ⇒ Wounds and Bleeding.
- ⇒ Burns and Scalds.
- ⇒ Soft Tissue Injuries.
- ⇒ Fractures.

Duration: 2 hours.





HEALTH & SAFETY AWARENESS

Health and Safety Awareness provides an overview of Workplace Health and Safety programmes.



Modules

- ⇒ Rationale for Workplace Health and Safety.
- ⇒ Hazard Identification.
- ⇒ Basic tips on Workplace Health and Safety.

Duration: 2 hours.





BASIC LIFE SUPPORT

Basic Life Support training presents participants with the lifesaving skills in *Cardiopulmonary Resuscitation (CPR)*



Modules

- ⇒ Principles of First Aid.
- ⇒ Safety in First Aid.
- ⇒ First Aid in COVID-19.
- ⇒ Cardiopulmonary Resuscitation (CPR)
 - ⇒ Adult CPR; Child CPR; Infant CPR.
 - ⇒ Use of an Automated External Defibrillator (AED).
- ⇒ Choking.

Duration: 3 hours.





BASIC FIRST AID

Basic First Aid training introduces participants to baseline skills required to manage common traumatic and medical conditions.



Modules

- ⇒ Principles of First Aid.
- ⇒ Safety in First Aid.
- ⇒ First Aid in COVID-19.
- ⇒ Cardiopulmonary Resuscitation (CPR)
 - ⇒ Adult CPR; Child CPR; Infant CPR.
 - ⇒ Use of an Automated External Defibrillator (AED).
- ⇒ Choking; Drowning.
- ⇒ Fainting; Stroke; Heart Attack; Convulsion; Shock; Diabetic Emergencies.
- ⇒ Environmental Injuries.
- ⇒ Wounds and Bleeding.
- ⇒ Bites and Stings.
- ⇒ Burns and Scalds.
- ⇒ Soft Tissue Injuries.
- ⇒ Fractures.
- ⇒ Handling and Transportation of Casualty.

Duration: 14 hours.





INTRODUCTION TO HEALTH & SAFETY

Introduction to Workplace Health and Safety training presents participants with the information on how to work safely.



Modules

- ⇒ Rationale for Health and Safety at Work.
- ⇒ Policies, Standards and Legislation.
- ⇒ Components of Occupational Health and Safety Management Systems.
- ⇒ Health and Safety Roles and Responsibilities .
- ⇒ Safety Signs.
- ⇒ Hazard Identification and Risk Assessment.
- ⇒ Common Workplace Safety Risk Mitigation.
- ⇒ Safety Equipment.

Duration: 7 hours.





BASIC FIRE SAFETY

Basic First Safety training provides participants with the information how to prevent an office fire, fire safety measures and the skills on the use of portable fire extinguishers.



Modules

- ⇒ Overview of Workplace Health and Safety.
- ⇒ Fire Science.
- ⇒ Workplace Fire Prevention Measures.
- ⇒ Fire Safety Equipment.
- ⇒ Fire Emergency Response Plan .
- ⇒ Safe Use of a Fire Extinguisher.
- ⇒ Responsibilities of a Fire Marshal.

Duration: 7 hours.





EMERGENCY FIRST AID AT WORK

Emergency First Aid at Work training presents participants with the necessary skills to appropriately manage common cases of traumatic and medical emergencies at work.



Modules

- ⇒ Principles of First Aid.
- ⇒ Safety in First Aid.
- ⇒ First Aid in COVID-19.
- ⇒ Cardiopulmonary Resuscitation (CPR)
 - ⇒ Adult CPR; Child CPR; Infant CPR.
 - ⇒ Use of an Automated External Defibrillator (AED).
- ⇒ Choking; Drowning.
- ⇒ Fainting; Stroke; Heart Attack; Convulsion; Shock; Diabetic Emergencies.
- ⇒ Environmental Injuries.
- ⇒ Wounds and Bleeding.
- ⇒ Burns and Scalds.
- ⇒ Soft Tissue Injuries.
- ⇒ Fractures.
- ⇒ Handling and Transportation of Casualty.

Duration: 7 hours.



PRACTICAL APPROACH TO WORKPLACE HEALTH AND SAFETY RISK CONTROL



Basic First Safety training provides participants with the information how to prevent an office fire, fire safety measures and the skills on the use of portable fire extinguishers.



- ⇒ Hazard Identification.
- ⇒ Risk Assessment.
- ⇒ Risk Control.
- ⇒ Corrective Action Planning.
- ⇒ Workplace Inspection.
- ⇒ Prevention of an Office Fire.
- ⇒ Safe Use of a Portable Fire Extinguisher.

Duration: 7 hours.





FIRST AID AT WORK (STANDARD)

First Aid at Work is a standard 3-day training programme that presents participants with comprehensive First Aid practice for a wide-range traumatic and medical conditions at work.



Modules

- ⇒ Principles of First Aid.
- ⇒ Safety in First Aid.
- ⇒ First Aid in COVID-19.
- ⇒ Cardiopulmonary Resuscitation (CPR)
 - ⇒ Adult CPR; Child CPR; Infant CPR.
 - ⇒ Use of an Automated External Defibrillator (AED).
- ⇒ Choking; Drowning.
- ⇒ Fainting; Stroke; Heart Attack; Anaphylaxis; Poisoning; Convulsion; Shock; Diabetic Emergencies.
- ⇒ Environmental Injuries.
- ⇒ Wounds and Bleeding; Head Injuries; Eye Injuries.
- ⇒ Bites and Stings.
- ⇒ Burns and Scalds.
- ⇒ Soft Tissue Injuries.
- ⇒ Fractures; Dental Injuries.
- ⇒ Handling and Transportation of Casualty.

Duration: 21 hours.





ADVANCED FIRST AID

Advanced First Aid is a comprehensive 5-day training programme that presents participants with advanced First Aid measures for the management of a wide-range traumatic and medical conditions.



Modules

- ⇒ Principles of First Aid; Safety in First Aid; First Aid in COVID-19.
- ⇒ Introduction to Human Anatomy and Physiology.
- ⇒ Cardiopulmonary Resuscitation (CPR):
 - ⇒ Adult CPR; Child CPR; Infant CPR.
 - ⇒ CPR in special cases.
 - ⇒ Use of an Automated External Defibrillator (AED).
- ⇒ Choking; Drowning.
- ⇒ Fainting; Stroke; TIA; Heart Attack; Angina Pectoris; Anaphylaxis; Poisoning; Convulsion; Shock; Diabetic Emergencies.
- ⇒ Environmental Injuries.
- ⇒ Wounds and Bleeding; Head Injuries; Eye Injuries; Internal Injuries; Penetrating Injuries.
- ⇒ Emergency Childbirth.
- ⇒ Bites and Stings; Avulsion.
- ⇒ Burns and Scalds.
- ⇒ Soft Tissue Injuries.
- ⇒ Fractures; Dental Injuries; Spine Injury.
- ⇒ Handling and Transportation of Casualty.

Duration: 35 to 40 hours.





OCCUPATIONAL FIRST AID

Occupational First Aid is a comprehensive 5-day Advanced First Aid Training with special consideration for workplace environment.



Modules

- ⇒ Principles of First Aid; Safety in First Aid; First Aid in COVID-19.
- ⇒ Overview of Workplace Risks and Accident Management at Work.
- ⇒ Introduction to Human Anatomy and Physiology.
- ⇒ Cardiopulmonary Resuscitation (CPR):
 - ⇒ Adult CPR; Child CPR; Infant CPR.
 - ⇒ CPR in special cases.
 - ⇒ Use of an Automated External Defibrillator (AED).
- ⇒ Choking; Drowning.
- ⇒ Fainting; Stroke; TIA; Heart Attack; Angina Pectoris; Anaphylaxis; Poisoning; Convulsion; Shock; Diabetic Emergencies.
- ⇒ Environmental Injuries.
- ⇒ Wounds and Bleeding; Head Injuries; Eye Injuries; Internal Injuries; Penetrating Injuries.
- ⇒ Emergency Childbirth.
- ⇒ Bites and Stings; Avulsion.
- ⇒ Burns and Scalds.
- ⇒ Soft Tissue Injuries.
- ⇒ Fractures; Dental Injuries; Spine Injury.
- ⇒ Handling and Transportation of Casualty.

Duration: 35 to 40 hours.





EVENT SAFETY MANAGEMENT

Event First Aid Management course is a specialised 1- to 5-day training programme for live event planners on how to have a safe events through Risk Management and Emergency Preparedness.



Modules

- ⇒ Rationale for Event Safety Management.
- ⇒ Overview of Event Risks and Accident Management at a Live Event.
- ⇒ Emergency Response Planning for a Live Event.
- ⇒ Control of Risks associated with a Live Event.
- ⇒ Inspection and Risk Assessment.
- ⇒ Fire Safety.
- ⇒ Electrical Safety.
- ⇒ Water Safety.
- ⇒ Emergency First Aid.
- ⇒ Overview of Event Security.
- ⇒ Waste Management and Environmental Protection.

Duration: 8 to 40 hours.





FAMILY FIRST AID CLINIC

Accident Prevention at Home

Home Safety | Child Safety | Playground Safety

Infection Control

Universal Precaution | Hygiene | Sanitation

Cardiopulmonary Resuscitation (CPR)

Adult CPR | Child CPR | Infant CPR | Recovery Position | Choking | Drowning

Management of Traumatic Conditions

Wounds and Bleeding | Bites and Stings | Burns and Scalds | Fractures | Sprains and Strains

Management of Medical Conditions

Fainting | Anaphylaxis | Asthma | Convulsion | Fever | Hypothermia | Poisoning

Management of Childhood Illnesses

Colds | Croup | Diphtheria | Diarrhoea



SOCIALLY RESPONSIBLE

Community Emergency Preparedness

Emergency Preparedness Education for Children



First Aid Education for Children



Public Event Safety

Public Health and Safety Advocacy



Safety Education for Children



COMMUNITY EMERGENCY PREPAREDNESS AND RESPONSE

CONTEMPORARY ISSUES | HAZARD IDENTIFICATION AND RISK ASSESSMENT
COMMUNITY EMERGENCY RESPONSE SIMULATION



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COURSE BROCHURE

