

## Basic Life Support (BLS) AND First Aid Training Egyptian Red Crescent

### First Aid Training:

First aid is the immediate aid provided to a sick or injured person until medical treatment can be provided. It generally consists of series, simple life-saving medical techniques that anyone even a non-doctor or lay person can be trained to perform with minimal equipment.

Everyone will be prepared to react and provide urgent care properly during an emergency or accident. Preventative measures are also taught to decrease the likelihood of accidents at the workplace.

### Duration of the training course:

Two days (from 09:00 AM to 04:00 PM daily).

### Training course curriculum:

#### Theoretical part:

- I. Primary survey (initial assessment).
- II. BLS, Cardiopulmonary Resuscitation (CPR) in Adults and infants and use of AED.
- III. Relief of choking in adults, children and infants.
- IV. Heart attack & Stroke.
- V. Bleeding, injuries.
- VI. Burns.
- VII. Fractures, Muscle, Bone and Joint Injuries.
- VIII. Head and spinal injuries.
- IX. Shock
- X. Fainting and coma.

- XI. Diabetic emergencies.
- XII. Convulsions.
- XIII. Poisoning.
- XIV. Bites and stings.
- XV. Heat related emergencies.
- XVI. Cold related emergencies

### **Practical part:**

- i. Primary survey (initial assessment) and Recovery position.
- ii. BLS, Cardiopulmonary Resuscitation (CPR) in Adults and infants using training manikins.
- iii. Relief of choking in adults, children and infants.
- iv. First aid for heart attack.
- v. First aid for bleeding, injuries and fractures.
- vi. Emergency splinting and bandaging techniques.

### **Certification:**

A certificate from the Egyptian Red Crescent – Qalubia branch - will be awarded to participants who **fully attend** the course and **passed the written post-test**.

### **Number of candidates:**

Maximum 24 candidates & minimum 12 candidates per course.

### **Language of training:**

Arabic Language

### **Terms:**

- In case the course will be held outside Cairo the client will provide accommodation to the team.

- Full payment of courses fee should be received in advance, at least, **one working week** prior to the training course start.

- Egyptian Red Crescent Society (ERC) is NGO that is exempted from any taxes. Therefore, all payment to ERC will not be deducted for any reasons.

- Please transfer the amount stated above to the Egyptian Red Crescent Society's Bank account as follows:

|                  |                                 |
|------------------|---------------------------------|
| Bank Name        | : Banque Misr                   |
| Branch           | : Banha Branch - 235            |
| Account number   | : 2350001000025731              |
| Account Currency | : EGP                           |
| Swift Code       | : BMISEGCXXXX                   |
| IBAN             | : EG260002023502350001000025731 |

- An electronic invoice is issued upon request and will be issued after paying the training cost.

## Contact:

Dr. Mohamed Fathi

Egyptian Red Crescent – Qalubia Branch

Training Consultant

Cell: + 20 11 58753562

Email: [info@fast-tc.com](mailto:info@fast-tc.com)