



HSE169

Fire Protection & First Aid

Course Objectives:

Upon successful completion of this course, the delegates will be able to:

- Understand the role and responsibilities of the Fire protection
- Develop an understanding of the Legislation pertaining to building fire safety
- Identify fire safety installations/equipment in a building
- Develop awareness and understanding of maintenance and records pertaining to fire safety
- Develop risk management strategies
- Understand the emergency planning process
- Understand the role and responsibilities of emergency control organization members
- Understand the role and functions of the emergency planning committee
- Operate fire extinguishers and other first response equipment

Who Should Attend?

This course is intended to all safety and supervisory personnel in all working industries.

Course Outline:

Day 1:

Pre-Test

- Fire safety
- Chemical labelling
- Electrical NFPA
- Electrical safety for unqualified workers
- Electrical control panel case study

Day 2:

- Flammable and combustible liquids
- PPE hazards assessment
- Respirator training
- Respirator fit testing
- Respirator protection case study

Day 3:

- Exit routes
- Fire extinguisher
- Fire brigades

- Emergency plan

Day 4:

- What is first aid
- Conscious Casualty
- Unconscious Casualty
- CPR and defibrillator
- Head injuries
- Shock versus fainting
- Abdominal injuries
- Bleeding
- Anaphylaxis
- Asthma
- Fracture and dislocation
- Sprain and strain

Day 5:

- Bandages and slings
- Bites and Stings
- Pressure immobilization
- Burn
- Chocking
- Spinal injury
- Seizures
- Crush injury
- Eye injury
- Electrical shock
- Stroke

Post Test

Course Certificate:

International Center for Training & Development (ICTD) will award an internationally recognized certificate(s) for each delegate on completion of training.

Course Methodology:

A variety of methodologies will be used during the course that includes:

- (30%) Based on Case Studies
- (30%) Techniques
- (30%) Role Play
- (10%) Concepts
- Pre-test and Post-test
- Variety of Learning Methods
- Lectures
- Case Studies and Self Questionnaires
- Group Work
- Discussion
- Presentation

Course Fees:

To be advised as per the course location. This rate includes participant's manual, Hand-outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Timings:

Daily Course Timings:

08:00 - 08:20	Morning Coffee/Tea
08:20 - 10:00	First Session
10:00 - 10:20	Recess (Coffee/Tea/Snacks)
10:20 - 12:20	Second Session
12:20 - 13:30	Recess (Coffee/Tea/Snacks)
13:30 - 15:00	Last Session