

First Aid Course

Save Lives. Act Fast. Stay Prepared.

Our First Aid course equips learners with the knowledge and practical skills needed to respond to medical emergencies. This course prepares individuals to provide essential care until professional medical help arrives.

What You Will Learn

- Basic First Aid Principles – safety, assessment, and response.
- CPR & Resuscitation – lifesaving techniques for adults and children.
- Wound & Bleeding Management – controlling minor and severe bleeding.
- Fractures & Burns – immobilization and immediate care.
- Choking & Breathing Emergencies – rapid response techniques.
- Handling Shock & Unconsciousness – stabilizing patients until help arrives.

Why Choose This Course?

- Hands-on, practical training
- Essential for workplace safety and daily life
- Taught by experienced trainers
- Certificate upon completion

Who Can Join?

- Employees and safety officers
- Teachers, parents, and caregivers
- Community volunteers and leaders
- Anyone who wants to be prepared for emergencies

Course Outcome

- Provide immediate care during medical emergencies
- Perform CPR and other lifesaving techniques
- Enhance workplace and community safety
- Gain confidence to act in critical situations