



# دورة تدريبية مكثفة في إتقان مهارات الإسعافات الأولية وإدارة الطوارئ الصحية العاجلة



**AGILE LEADERS**  
Training Center

06 - 10 Jul 2026  
عن بعد



## دورة تدريبية مكثفة في إتقان مهارات الإسعافات الأولية وإدارة الطوارئ الصحية العاجلة

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### 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

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

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

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

### Day 3: Managing Specific Emergencies and Conditions

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

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

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

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

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

### 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.



## فئات الدورات التدريبية



HR TRAINING & DEVELOPMENT

دورات إدارة و تطوير الموارد البشرية



دورات إدارة و تحليل البيانات ودورات علم البيانات



دورات إدارة الجودة وتطوير العمليات



الدورات التدريبية في مجال البيئة والاستدامة



دورات التسويق وإدارة علاقات العملاء وإدارة المبيعات



دورات التدريب القانوني والمشتريات والتعاقدات



دورات الاتصال الجماهيري و السياسات والعلاقات العامة



دورات النظم السبراني ودورات تقنية المعلومات



دورات الصيانة ودورات المجالات الهندسية المتنوعة



دورات الصحة والسلامة والأمن المهني



دورات السكرتارية و إدارة المكاتب



دورات الحوكمة وإدارة المخاطر والامتثال



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## فئات الدورات التدريبية



دورات معتمدة من قبل هيئات دولية



دورات في مجالات القيادة والإدارة



دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة  
المالية



دورات مكتب إدارة المشاريع وإدارة المشاريع  
الرشيقية

## مدن التدريب



أمستردام - هولندا



أكرا - غانا



أثينا - اليونان



أبوظبي - الإمارات العربية المتحدة



الدوحة - قطر



الدار البيضاء - المغرب



الجبيل - المملكة العربية السعودية



استنبول - تركيا



المنامة - مملكة البحرين



الكويت - الكويت



القاهرة - مصر



الرياض - المملكة العربية السعودية



بانكوك - تايلند



بالي - جمهورية إندونيسيا



بأكو - أذربيجان



باريس - فرنسا

## مدن التدريب



تبليسي - جورجيا



بوكيت - تايلاند



برشلونة - إسبانيا



براغ - جمهورية التشيك



دبي - الإمارات العربية المتحدة



جوهانسبرغ - جنوب إفريقيا



جنيف - سويسرا



جاكرتا - جمهورية إندونيسيا



سيول - كوريا الجنوبية



سان دييغو - الولايات المتحدة الأمريكية



زنجر - تنزانيا



روما - إيطاليا



طشقند - أوزبكستان



طرابزون - تركيا



شيكاغو - الولايات المتحدة الأمريكية



شرم الشيخ - مصر

## مدن التدريب



فيينا - النمسا



عن بعد - منصة زووم



عمان - المملكة الأردنية الهاشمية



طوكيو - اليابان



لندن - المملكة المتحدة



لانكاوي - ماليزيا



كيب تاون - جنوب إفريقيا



كوالالمبور - ماليزيا



مونترنو - سويسرا



مسقط - سلطنة عمان



مدريد - إسبانيا



ماربيا - إسبانيا



نيس - فرنسا



نairobi - كينيا



ميونخ - ألمانيا



ميلان - إيطاليا

# 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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