

Courses Safety and Occupational Health field

#	Course Name	Course Outlines	Course Duration
1	<i>Basic Life Support course</i>	<ul style="list-style-type: none">• Primary survey.• One rescuer adult Cardio-Pulmonary Resuscitation.• Recovery Position.• Drowning.• Adult Chocking.• Rescue breathing for adults.	2 Days(12 hours)



<p><i>Advanced Life Support course</i></p>	<ul style="list-style-type: none">• Revision on all basic life support subjects.• Two rescuers adult Cardio-Pulmonary Resuscitation.• Adult Cardio-Pulmonary Resuscitation by team.• One rescuer Child and Infant Cardio-Pulmonary Resuscitation.• Two rescuers Child and Infant Cardio-Pulmonary Resuscitation.• Team Child and Infant Cardio-Pulmonary Resuscitation.• Infants chocking.• Using Automated External Defibrillator for adults and Infants.• Rescue breathing for Childs and Infants .	<p>3 Days(18 hours)</p>
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3	<i>Basic First Aid Course</i>	<ul style="list-style-type: none">• Primary survey• Heart attack• Stroke• Bleeding, injuries & burns• Fractures, abdomen, chest, and eye injuries• Head and spinal injuries• Shock, fainting and coma, diabetic emergencies• Convulsions• Bites and stings• Exposure to extreme temperatures• Poisoning	3 Days(18 hours)
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	4 <i>Advanced First Aid Course</i>	<ul style="list-style-type: none">• Advanced medical survey.• Vital signs assessment.• Advanced first aid in head and spinal injuries.• Using neck collar in head and spinal injuries.• How to work in first aid as a team?.• Involving non trained people in medical emergency situations.	2 Days(12 hours)
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<p>5</p>	<p><i>Mass casualty management Course</i></p>	<ul style="list-style-type: none">• Mass casualty incident(MCI)• Scene safety in mass casualty.• Emergency Medical System(EMS) Goal.• Chain of command in mass casualty.• Triage.• Communication in mass casualty.• Time management during mass casualty.• Scene management.• SIMPLE Approach.• Mass Casualty Drill.	<p>3 Days(18 hours)</p>
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<p>6</p>	<p>Ergonomics Course</p>	<ul style="list-style-type: none">• What is ergonomics?• Assessing risk in the workplace.• Putting worker safety first(Why ergonomics matters?).• Work-related Musculoskeletal Disorders (MSDs).• The principles of ergonomics and their applications.• The proper use of equipment, tools, and machine controls.• Use good work practices, including proper lifting techniques.• Raising aware of work tasks that may lead to pain or injury.• Early symptoms of MSDs.• The importance of reporting and addressing early indications of MSDs before serious injuries develop.• The procedures for reporting work-related injuries and illnesses.	<p>2 days(12hours)</p>
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<p>7</p>	<p><i>Transportation of injured and ill persons course.</i></p>	<ul style="list-style-type: none">• Importance of transportation in emergency.• Proper selection of the transportation method with different injuries.• Transportation by one rescuer.• Transportation by two rescuers.• Transportation of injuries by team.• Transportation by Stretcher.• Transportation methods(Blanket used as improvised transport stretcher, Fireman's Carry, Tied-Hands Crawl, Blanket Drag, Pack-Strap Carry, Chair Carry, Arm Carries, Two-Person Carry by Arms and Legs).	<p>3 days(18hours)</p>
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<p>8</p>	<p><i>Emergency Medical Team course</i></p>	<ul style="list-style-type: none"> • Basic Life Support course. • Advanced Life Support course. • Basic First Aid Course. • Advanced First Aid Course. • Mass casualty management Course. • Transportation of injured and ill persons course. • Emergency medical plan. • Communication in emergency. • Chain of command in emergency. • Tasks of emergency medical team. • Communication skills in emergency • Leadership in emergency conditions • Teamwork in emergency. 	<p>20 days(120 hours)</p>
<p>9</p>	<p><i>Road Defensive Driving Course.</i></p>	<ul style="list-style-type: none"> • Safer Drivers, Safer Roads • The skills needed to be a defensive driver. • Defensive driving is a matter of personal choice. • Common hazards in driving environment. • How to react to prevent collisions. • Avoiding the six most common driving errors. 	<p>2 days(12 hours)</p>



10	<i>fire fighting</i>	<ul style="list-style-type: none">• How to use fire extinguishers?• Test classification and distribution of fire extinguishers• Distribution of fire extinguishers• Materials used in firefighting• Dry chemicals used in firefighting• Alarm systems and fire detection• The purpose of the alarm systems and fire detection• Fire stages• Inspection and maintenance manual fire extinguishers• Output material from the fire inside the fire extinguisher ways• Organization of fire extinguishers put• Civil defense and environmental protection.	3 Days(18 hours)
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<p>11</p>	<p>Scaffolding</p>	<ul style="list-style-type: none">• Definition of scaffold• Introduction to training• Introduction to occupational health and safety• Scaffolding defects• Design flaws• Defects in scaffolding manufacturing materials• Misuse• Scaffolding types• Frame scaffolds• Tube and Clamp Scaffolds• Modular System Scaffolds• Mobile scaffolding• Suspended Scaffolding• General Requirements• Scaffolding Rules• Bracing• Scaffolding Ties• Through Ties• Reveal Ties• Box Ties• Anchor Bolt Ties• Base platform	<p>3 days(18 hours)</p>
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12	Chemical Hazard	<ul style="list-style-type: none">• Introduction to hazardous materials• Chemical sources in environment• Artificial sources of chemical hazardous materials• Means of exposure to hazardous materials• Different effects of hazardous material on humans and environment• Assessment to the risks of hazardous materials• Division and classification of hazardous areas• Burning and flammable liquids• Safe storage of burning and hazardous materials Methods of• How to prevent and control hazardous materials	2 days(12 hours)
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<p>13</p>	<p><i>Risk Assessment & Management Course.</i></p>	<ul style="list-style-type: none">• Hazard definition and risk identification• Process Hazard Review (PHR)• Failure Mode and Effect Analysis (FMEA)• Risks and operating conditions of fluids• Identify the hazards• Deciding who might be harmed and how• Evaluate the risks and decide on precautions• Recording the significant findings• Reviewing the assessment and update if necessary	<p>2 days(12 hours)</p>
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