



*Training Course:  
Elementary First Aid*

*6 - 10 December 2026  
Sharm El-Sheikh (Egypt)  
Sheraton Sharm Hotel*

## Training Course: Elementary First Aid

Training Course code: HE1954 From: 6 - 10 December 2026 Venue: Sharm El-Sheikh (Egypt) - Sheraton Sharm Hotel  
Training Course Fees: 4775 € Euro

### Introduction:

The "Elementary First Aid" training program is designed by Global Horizon Training Center to provide participants with essential knowledge and skills in responding to basic medical emergencies. This program aims to equip individuals with the necessary tools to provide immediate assistance and support until professional medical help arrives. Through a combination of theoretical instruction and practical exercises, participants will gain confidence in handling various first aid situations effectively.

### Objectives:

- To develop an understanding of basic first aid principles and procedures.
- To enable participants to recognize and respond promptly to common medical emergencies.
- To provide practical skills training in administering first aid techniques.
- To promote a proactive approach to safety and well-being in both personal and professional settings.
- To foster teamwork and effective communication during emergency situations.

### Methodology:

The training program will employ a blend of interactive lectures, demonstrations, hands-on practice, case studies, and group discussions. The emphasis will be on experiential learning to enhance participants' comprehension and retention of the concepts taught. Real-life scenarios and simulations will be used to simulate emergency situations and allow participants to apply their knowledge and skills in a safe and controlled environment.

### Target Audience:

The Elementary First Aid training program is suitable for individuals from various backgrounds, including:

- Workplace employees seeking to enhance their occupational health and safety skills.
- Teachers and educators responsible for the well-being of students.
- Parents and caregivers interested in acquiring first aid knowledge for home emergencies.
- Volunteers in community organizations or sports clubs.
- Anyone interested in learning basic first aid skills for personal development.

## Outlines:

### Day 1:

#### Introduction to First Aid

- Welcome and program overview
- Importance of first aid and legal considerations
- Chain of survival
- Primary assessment and vital signs
- Practice: Primary assessment scenarios

### Day 2:

#### Basic Life Support BLS and CPR

- Introduction to basic life support
- CPR techniques for adults, children, and infants
- Automated External Defibrillator AED usage
- Choking response and relief techniques
- Practice: BLS and CPR skills training

### Day 3:

#### Wound Management and Injury Care

- Types of wounds and their management
- Control of bleeding and bandaging techniques
- Treatment of burns, fractures, sprains, and strains
- Head and spinal injuries
- Practice: Wound care and injury management scenarios

### Day 4:

#### Medical Emergencies

- Recognition and management of common medical emergencies

- Cardiac emergencies: heart attack and stroke
- Allergic reactions and anaphylaxis
- Seizures and epilepsy
- Practice: Handling medical emergency simulations

#### Day 5:

##### Environmental Emergencies and First Aid Kits

- Heat-related emergencies heat stroke, heat exhaustion
- Cold-related emergencies hypothermia, frostbite
- Drowning and near-drowning incidents
- First aid kits and their contents
- Practice: Responding to environmental emergencies

## Registration form on the Training Course: Elementary First Aid

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Company Information

Company Name: .....  
 Address: .....  
 City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
booking form with cheque  
to: Global Horizon  
3 Oudai street, Aldouki,  
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