



*Training Course:
STCW Elementary First Aid*

3 - 7 May 2026

Cairo (Egypt)

Holiday Inn & Suites Cairo Maadi, an IHG Hotel

Training Course: STCW Elementary First Aid

Training Course code: MM235253 From: 3 - 7 May 2026 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 4410 € Euro

Introduction

Medical emergencies at sea require immediate and effective response, often in environments where professional medical assistance is not readily available. The [STCW Elementary First Aid EFA](#) course is a mandatory requirement under the [STCW Convention Regulation VI/1](#), ensuring that all seafarers are equipped with the essential skills to provide basic medical care onboard.

This program, developed by [Global Horizon Training Center](#), provides participants with the knowledge and practical skills necessary to respond to common medical emergencies at sea. It focuses on casualty assessment, life-saving techniques, and basic treatment procedures to stabilize injured or ill persons until professional medical assistance becomes available.

Participants will gain the confidence and competence required to act quickly and effectively in emergency situations, contributing to the safety and well-being of crew members.

Course Objectives

By the end of this program, participants will be able to:

- Understand the principles of first aid in a maritime environment
- Assess casualties and prioritize treatment effectively
- Perform CPR and basic life support BLS
- Treat wounds, burns, fractures, and other injuries
- Manage common medical emergencies onboard
- Use first aid equipment and onboard medical kits
- Communicate effectively during medical emergencies
- Comply with STCW first aid requirements

Target Audience

This program is designed for:

- All seafarers and maritime personnel
- Deck and engine crew members
- Maritime cadets and trainees
- Personnel preparing for STCW certification

Outline

Day 1: Introduction to First Aid and Emergency Response

- Overview of STCW VI/1 requirements
- Principles of first aid at sea
- Assessing the situation and ensuring safety
- Primary and secondary casualty assessment
- Emergency response procedures

Day 2: Basic Life Support BLS

- Cardiopulmonary resuscitation CPR techniques
- Airway management and breathing support
- Recovery position
- Use of Automated External Defibrillator AED
- Practical CPR exercises

Day 3: Treatment of Injuries

- Managing wounds and bleeding
- Treatment of burns and scalds
- Handling fractures, sprains, and dislocations
- Head and spinal injuries
- Shock recognition and management

Day 4: Medical Emergencies at Sea

- Heart attacks, strokes, and respiratory emergencies
- Allergic reactions and poisoning
- Heatstroke, hypothermia, and dehydration
- Seasickness and fatigue management
- Communication with medical advisory services

Day 5: Practical First Aid and Assessment

- First aid drills and simulation scenarios
- Team-based emergency response exercises
- Use of onboard medical kits
- Review of best practices
- Final assessment and course evaluation

Registration form on the Training Course: STCW Elementary First Aid

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

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Payment Method

- Please find enclosed a cheque made payable to Global Horizon
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