



*Training Course:  
STCW Elementary First Aid*

*11 - 15 October 2026*

*Cairo (Egypt)*

*Holiday Inn & Suites Cairo Maadi, an IHG Hotel*

## Training Course: STCW Elementary First Aid

Training Course code: MM235253 From: 11 - 15 October 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

### 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,  
Giza, Giza Governorate,  
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