



*Training Course:
First Aid Training Program*

*20 - 24 September 2026
Riyadh (KSA)*

Training Course: First Aid Training Program

Training Course code: HE236636 From: 20 - 24 September 2026 Venue: Riyadh (KSA) - Training Course Fees: 6200 € Euro

Introduction

The First Aid Training Program, designed by Global Horizon Training Center, is a basic and practical five-day training program developed to provide participants with essential knowledge and awareness of first aid and emergency response.

The program focuses on recognizing common emergencies, taking appropriate initial action, providing basic first aid assistance, and knowing when to seek professional medical help. It is designed to give participants practical knowledge that can be applied in the workplace and everyday situations.

The training combines simple theoretical explanations with demonstrations, practical activities, and basic emergency scenarios to help participants respond calmly and appropriately until professional medical assistance is available.

First Aid Training Program Objectives

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

- Understand the basic principles of first aid.
- Recognize common emergencies and injuries.
- Understand how to assess an emergency situation safely.
- Know when and how to call for professional medical assistance.
- Apply basic first aid for common injuries.
- Understand basic bleeding and wound management.
- Understand basic first aid for burns.
- Recognize basic signs of shock.
- Understand the basic principles of CPR and AED use.
- Respond appropriately to choking and unconsciousness.
- Understand basic first aid for common workplace emergencies.
- Improve confidence when responding to an emergency.

First Aid Training Program Methodology

The program will use a simple and practical learning approach, including:

- Instructor-led presentations.
- Practical demonstrations.
- Guided practical exercises.
- Simple emergency scenarios.
- Group discussions.
- Role-playing activities.
- Workplace examples.
- Question-and-answer sessions.
- Practical review activities.
- Basic knowledge assessment.

First Aid Training Program Organizational Impact

The program will help organizations to:

- Improve employees' basic first aid awareness.
- Improve workplace emergency preparedness.
- Encourage appropriate responses to common emergencies.
- Reduce delays in seeking medical assistance.
- Improve employee confidence during emergencies.
- Strengthen workplace safety awareness.
- Improve communication during emergency situations.
- Promote a basic first aid culture within the organization.

First Aid Training Program Target Audience

This program is suitable for:

- Employees and Staff Members.
- First Aid Team Members.

- HSE and Safety Personnel.
- Supervisors and Team Leaders.
- HR and Administration Personnel.
- Facilities Personnel.
- Security Personnel.
- Emergency Response Team Members.
- Managers and Department Heads.
- Personnel responsible for workplace safety.

First Aid Training Program Outlines

Day 1: Introduction to First Aid

- Introduction to First Aid
- Purpose and Importance of First Aid
- Basic Responsibilities of a First Aider
- Safety of the First Aider
- Assessing an Emergency Situation
- Checking the Casualty
- Calling for Emergency Assistance
- Basic Emergency Response Steps
- Personal Safety and Hygiene
- Simple Emergency Scenarios

Day 2: Basic Life Support and CPR Awareness

- Introduction to Basic Life Support
- Recognizing an Unresponsive Person
- Checking Breathing
- Basic CPR Principles

- Adult CPR Awareness
- Recovery Position
- Introduction to AED
- Basic AED Safety
- Choking and Airway Obstruction
- Practical CPR and Emergency Response Activities

Day 3: Bleeding, Wounds, Burns and Shock

- Common Types of Wounds
- Basic Bleeding Control
- Applying Basic Dressings
- Minor and Major Bleeding Awareness
- Common Types of Burns
- Basic First Aid for Burns
- What Not to Do for Burns
- Recognizing Basic Signs of Shock
- Basic Response to Shock
- Practical First Aid Exercises

Day 4: Common Injuries and Medical Emergencies

- Fractures and Suspected Fractures
- Sprains and Strains
- Basic First Aid for Common Injuries
- Fainting and Unconsciousness
- Seizures
- Basic Response to Allergic Reactions
- Heat-Related Emergencies

- Basic Response to Common Medical Emergencies
- When to Seek Professional Medical Help
- Emergency Response Scenarios

Day 5: Workplace First Aid and Practical Review

- Common Workplace First Aid Situations
- Basic First Aid Procedures in the Workplace
- First Aid Kits and Basic Supplies
- Emergency Communication Procedures
- Calling and Communicating with Emergency Services
- Monitoring a Casualty Until Help Arrives
- Handover to Medical Professionals
- Practical First Aid Scenarios
- Review of Key First Aid Principles
- Final Practical Review and Discussion

Registration form on the Training Course: First Aid Training Program

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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:
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provisionally reserve your
place.

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registration
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