

**COURSE OVERVIEW HE0970**  
**First Aid & AED**

**Course Title**  
 First Aid & AED

**Course Date/Venue**  
 Session 1: February 02-06, 2025/Meeting Plus 8, City Centre Rotana Doha Hotel, Doha, Qatar  
 Session 2: September 14-18, 2025/Meeting Plus 8, City Centre Rotana Doha Hotel, Doha, Qatar



**Course Reference**  
 HE0970



**Course Duration/Credits**  
 Five days/3.0 CEUs/30 PDHs

**Course Description**



***This practical and highly-interactive course includes various practical sessions and exercises. Theory learnt will be applied using one of our state-of-the-art simulators.***



As per OSHA 1910.269 Occupational Safety & Health Standards applicable to Electric Power Generation, Transmission and Distribution, clause 1910.269(b)(1) states: "When employees are performing work on or associated with exposed lines or equipment energized at 50 volts or more, persons trained in first aid including cardiopulmonary resuscitation (CPR) shall be available." In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid. Adequate first aid supplies shall be readily available.



When a person experiences cardiac arrest - whether due to heart failure or injury such as near drowning, electrocution or severe trauma - the heart goes from a normal beat to an arrhythmic pattern called ventricular fibrillation, and eventually ceases to beat altogether. This prevents oxygen from circulating throughout the body, rapidly killing cells and tissue.

In essence, Cardio (heart) Pulmonary (lung) Resuscitation (revive, revitalize) serves as an artificial heartbeat and an artificial respirator. CPR may not save the victim even when performed properly, but if started within 4 minutes of cardiac arrest and defibrillation is provided within 10 minutes, a person has a 40% chance of survival.

This course is designed to teach the skill of CPR for adult victims (including ventilation with a barrier device, a bag-mask device, and oxygen), use of an automated external defibrillator (AED), and relief of foreign-body airway obstruction (FBAO). This course will prepare participants calmly and confidently handle emergency first aid scenarios in a work environment. Basic techniques for first aid and CPR are delivered in an environment that is fun, informative, and interactive. Participants learn about important lifestyle choices that help prevent illness and injury and how to deal with unexpected accidents that may occur.

The course includes practical hands-on sessions that are supported by a variety of training materials, such as mannequins for CPR, AED (Automated External Defibrillator) trainers, bandages, splinting materials, barrier devices, first aid kits, auto-injector trainers and inhalers.

### **Course Objectives**

This course complies with OSHA 1910.269. It covers the skills needed to recognize and provide intervention for life-threatening emergencies until medical aid arrives. Upon the successful completion of this course, each participant will be able to:-

- Apply and gain an advanced knowledge on first aid and CPR
- Activate emergency medical services (EMS)
- Apply treatment for shock, unconscious and non breathing casualties
- Recognize and treat a choking emergency (adult) and severe bleeding
- Administer CPR (adult)
- Acquire the necessary skills to conduct a secondary survey
- Gain necessary skills to treat upper and lower limb fractures and treat head and spinal injuries
- Treat eye injuries, burns, medical conditions and environmental illnesses

### **Exclusive Smart Training Kit - H-STK®**



*Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.*

### **Who Should Attend**

This course provides an overview of all significant aspect and considerations of first aid and CPR for emergency and medical services staff, HSE and regular staff.



**Course Certificate(s)**

- (1) Internationally recognized Wall Competency Certificates and Plastic Wallet Card Certificate will be issued to participants who have successfully completed the course and passed the exam at the end of the course. Certificates are valid for 5 years.

**Recertification is FOC for a Lifetime.**

**Sample of Certificates**

The following are samples of the certificates that will be awarded to course participants:-





- (2) Official Transcript of Records will be provided to the successful delegates with the equivalent number of ANSI/IACET accredited Continuing Education Units (CEUs) earned during the course.

\* Haward Technology \* CEUs \* Haward Technology \* CEUs \* Haward Technology \* CEUs \* Haward Technology \*



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**CEUs**

**Haward Technology Middle East**  
Continuing Professional Development (HTME-CPD)

**CEU Official Transcript of Records**

**TOR Issuance Date:** 05-Oct-17

**HTME No.** PAR14141

**Participant Name:** Hamid Al Murky

Program Ref.	Program Title	Program Date	No. of Contact Hours	CEU's
HE0970-3D-IH	First Aid	October 03-05, 2017	19.5	1.95

**Total No. of CEU's Earned as of TOR Issuance Date** **1.95**

**TRUE COPY**

  
 Maricel De Guzman  
 Academic Director

Haward Technology has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102, USA. In obtaining this approval, Haward Technology has demonstrated that it complies with the ANSI/IACET 1-2013 Standard which is widely recognized as the standard of good practice internationally. As a result of their Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for programs that qualify under the ANSI/IACET 1-2013 Standard.

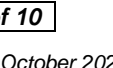
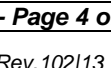
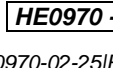
Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking Continuing Education Units (CEUs) in accordance with the rules & regulations of the International Association for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology is accredited by




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### Certificate Accreditations


Certificates are accredited by the following international accreditation organizations: -

- 
The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

### Course Fee

**US\$ 6,000** per Delegate. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

### Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.



**Course Instructor(s)**

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



**Mr. Raymond Tegman** is a **Senior HSE Consultant** with extensive experience within the **Oil & Gas, Petrochemical and Refinery** industries. His broad expertise widely covers in the areas of **Rigging Safety Rules, Machinery & Hydraulic Lifting Equipment, Handling Hazardous Chemicals, Spill Containment, Fire Protection, Fire Precautions, Incidents & Accidents Reporting, HSEQ Audits & Inspection, HSEQ Procedures, Environmental Awareness, Waste Management Monitoring, Emergency Planning, Emergency Management, Working at Heights, Root Cause Analysis, HSE Rules & Regulations, Process Safety Management (PSM), Process Hazard Analysis (PHA), Techniques, HAZOP, HSE Risk, Pre-Start-up Safety Reviews, HSE Risk Identification, Assessments & Audit, HSE Risk Assessment & Management Concepts, HSE Management Policy & Standards, HSSE Emergency Response & Crisis Management Operations, Confined Space Entry, Quantitative Risk Assessment (QRA), Hazardous Materials & Chemicals Handling, Safety Precaution & Response Action Plan, Hazard & Risk Assessment, Task Risk Assessment (TRA), Incident Command, Accident & Incident Investigation, Emergency Response Procedures, Job Safety Analysis (JSA), Behavioural Based Safety (BBS), Fall Protection, Work Permit & First Aid, Lock-out/Tag-out (LOTO), Emergency Response, Construction Supervision, Scaffolding Inspection, HAZCHEM, Manual Material Handling, Road Traffic Supervision, ISO 9001 and OHSAS 18001.**

During his career life, Mr. Tegman has gained his practical and field experience through his various significant positions and dedication as the **Operations Manager, Safety & Maintenance Manager, Safety Manager, Road/Traffic Supervisor, Assessor/Moderator, Safety Consultant, Safety Advisor, Safety Officer and Liaison Officer** from Zero Harm, SHRA Training & Services (Health & Safety), Road Crete, Balwin Property Development, DEME International, Gladstone Australia, Godavari Gas Pipeline and New Castle NCIG.

**Training Methodology**

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos

In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

### **Course Program**

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

#### **Day 1**

0730 - 0800	Registration & Coffee
0800 - 0815	Welcome & Introduction
0815 - 0835	<b>PRE-TEST</b>
0835 - 0930	<b>The Definition of First Aid</b>
0930 - 0945	Break
0945 - 1100	<b>Legal Issues of Applying First Aid (Good Samaritan Laws)</b>
1100 - 1215	<b>Basic Anatomy</b>
1215 - 1230	Break
1230 - 1420	<b>Patient Assessment &amp; First Aid</b> Respiratory Arrest • Cardiac Arrest
1420 - 1430	<b>Recap</b>
1430	End Day One

#### **Day 2**

0730 - 0930	<b>Patient Assessment &amp; First Aid (cont'd)</b> Hemorrhage • Lacerations/Abrasions
0930 - 0945	Break
0945 - 1100	<b>Patient Assessment &amp; First Aid (cont'd)</b> Amputations • Musculoskeletal Injuries
1100 - 1215	<b>Patient Assessment &amp; First Aid (cont'd)</b> Shock • Eye Injuries • Burns
1215 - 1230	Break
1230 - 1420	<b>Patient Assessment &amp; First Aid (cont'd)</b> Loss of Consciousness • Extreme Temperature Exposure (Hypothermia/Hyperthermia) • Paralysis
1420 - 1430	<b>Recap</b>
1430	End of Day Two

#### **Day 3**

0730 - 0930	<b>Patient Assessment &amp; First Aid (cont'd)</b> Poisoning • Loss of Mental Functioning (Psychosis/Hallucinations, etc.) • Artificial Ventilation • Drug Overdose
0930 - 0945	Break
0945 - 1100	<b>CPR</b>
1100 - 1215	<b>CPR (cont'd)</b>
1215 - 1230	Break
1230 - 1420	<b>Application of Dressings &amp; Slings</b>
1420 - 1430	<b>Recap</b>
1430	End of Day Three

**Day 4**

0730 - 0930	<i>Treatment of Strains, Sprains &amp; Fractures</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>Immobilization of Injured Persons</i>
1100 - 1215	<i>Handling &amp; Transporting Injured Persons</i>
1215 - 1230	<i>Break</i>
1230 - 1420	<i>Treatment of Bites, Stings or Contact With Poisonous Plants or Animals</i>
1420 - 1430-	<i>Recap</i>
1430	<i>End of Day Four</i>

**Day 5**

0730 - 0930	<i>Practical Session First Aid</i>
0930 - 0945	<i>Break</i>
0945 - 1100	<i>Practical Session First Aid (cont'd)</i>
1100 - 1215	<i>CPR Practical Session</i>
1215 - 1230	<i>Break</i>
1230 - 1300	<i>CPR Practical Session (cont'd)</i>
1300 - 1330	<i>Course Conclusion</i>
1330 - 1430	<b>COMPETENCY EXAM</b>
1430	<i>End of Course</i>

**Simulator (Hands-on Practical Sessions)**

Practical sessions will be organized during the course for delegates to practice the theory learnt. Delegates will be provided with an opportunity to carryout various exercises using one of our state-of-the-art simulators “Airway Larry” LF03699U, CPR Manikin Adult with dress (ROC), Manikin Basic Adult (Simulaids-USA), CPR and Pocket Mask Adult (Spencer) and AED Trainer 2 (Philips).



**“Airway Larry” LF03699U**





**CPR Manikin Adult with dress (ROC)**



**Manikin Basic Adult (Simulaid-USA)**



**CPR and Pocket Mask Adult (Spencer)**



**AED Trainer 2 (Philips)**

**Course Coordinator**

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