COURSE OVERVIEW HE1936-2D
First Aid

Course Title
First Aid



Course Date/Venue
October 22-23, 2026/Delma Meeting Room, Royal Rose Hotel Abu Dhabi, a Curio Collection by Hilton Affiliated Hotel, Abu Dhabi, UAE

Course Reference
HE1936-2D

1.2 CEUs (12 PDHs) AWARD

Course Duration
Two days /1.2 CEUs/12 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 first aid simulators.

First Aid is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life prevent the condition from worsening, and/or promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing CPR while waiting an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut.

This course is designed to provide participants with a basic overview of First Aid. It covers the responsibilities and limitations of a first aider; assessing the situation and conducting a primary survey by checking for responsiveness, airway, breathing and circulation (DRABC); the basic life support (BLS) and cardiopulmonary resuscitation (CPR); the techniques for managing bleeding and shock; the first aid for heart problems and stroke, asthma, hyperventilation and allergic reactions; and assessing and treating diabetic emergencies and poisoning cases.

During this interactive course, participants will learn the first aid for epileptic seizures and head injuries; managing chest, neck and back injuries, burns, electrical injuries and eye injuries; the various first aid scenarios to practice skills in a controlled environment; and the behavioral techniques for managing stress and staying composed during emergencies.

Course Objectives/Outcomes & Benefits for the Participants

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain a basic knowledge on first aid
- Discuss the responsibilities and limitations of a first aider
- Assess the situation and conduct a primary survey by checking for responsiveness, airway, breathing and circulation (DRABC)
- Practice basic life support (BLS) and cardiopulmonary resuscitation (CPR)
- Manage bleeding and shock as well as recognize and treat shock including positioning and maintaining body temperature
- Recognize the symptoms of heart problems and stroke as well as administer first aid for heart-related emergencies
- Assist and apply first aid for asthma attack or hyperventilation and allergic reactions
- Provide first aid for diabetic emergencies and poisoning cases as well as epileptic seizures and head injuries
- Manage chest, neck and back injuries as well as burns, electrical injuries and eye injuries
- Practice various first aid scenarios and apply behavioral techniques for managing stress and staying composed during emergencies

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 basic overview of first aid for emergency and medical services staff, HSE and regular staff, medical team members and all first aiders.

Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

Certificate Accreditations

Haward's certificates are accredited by the following international accreditation organizations: -

- British Accreditation Council (BAC)

  Haward Technology is accredited by the **British Accreditation Council** for **Independent Further and Higher Education** as an **International Centre**. Haward's certificates are internationally recognized and accredited by the British Accreditation Council (BAC). 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.

- 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 **1.2 CEUs** (Continuing Education Units) or **12 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.

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. Ron Jansen is a **Senior HSE Consultant** with **over 20 years** of experience within the **Oil & Gas** industry. His broad expertise widely covers in the areas of **First Aid**, Controlled-Substance Units (**SATCU**) Operations, Workplace **Substance Abuse** Prevention Strategies, **Substance Abuse** Policy Development for Employers, **Supervisor Training** for **Receiving Authority, HAZMAT**, **HAZCOM**, Process Hazard Analysis (**PHA**), Process Safety Management (**PSM**), **Process Risk** Analysis, **Occupational Health**, Effective Tool Box Talks, **Disaster** Management, **Firefighting & Fire Safety**, **Fire Detection & Suppression** Systems, **Fire Risk** Assessments, **General Health and Safety**, **Job Observation**, **Fire Rescue**, **Fire Protection**, **Fire Prevention**, **Rescue** Operations, **Firefighting** Techniques, **Accident/Incident Investigation**, **HAZOP & HAZID**, Permit to Work (**PTW**) System, **Working at Height**, Behavioral Based Safety (**BBS**), Hazard identification and Risk Assessments (**HIRA**), **HSE Risk** Assessment & Management Concepts, **HSE Management** Policy & Standards, **HSSE Emergency Response & Crisis Management** Operations, **Authorized Gas Testing**, **Quantitative & Qualitative** Analysis, **Fall Protection & Rescue**, **Defensive Driving**, **Hazardous Materials & Chemicals** Handling, **Pollution Control**, **Environmental & Pollution** Management, **HSE Industrial Practices**, **Emergency Response & Crisis** Management Operations, **Waste** Management, Job Safety Analysis (**JSA**), **Confined Space Entry**, **Confined Space Entry**, **First Aid & SCBA** Management, **Manual Handling**, **Permit-to-Work & Risk** Assessment, **Crane & Lifting** Operation, **Forklift** Maintenance, Mobile Elevated Work Platform (**MEWP**), **Mobile & Gantry Crane**, **Banksman/Slinger**, **Scaffolding**, **Rigging** & **Slinging**, **Overhead** & **Gantry Crane Safety**, **Lifting & Rigging**, **Machinery & Hydraulic Lifting** Equipment, **Rigging & Slinging** Operation, **Scaffolding** Inspection, **ISO 9001**, **OSHAS 18001**, **19011**, **Rigging Safety Rules**, **Machinery & Hydraulic Lifting Equipment** and **Excavation & Trenching**.

During his career life, Mr. Jansen has gained his practical and field experience through his various significant positions and dedication as the **SHEQ Manager**, **SHEQ System Auditor**, **Safety Practitioner**, **Safety Officer** and **Senior Instructor/Consultant** from various international companies such as the WI Corporation, ISO Internal Auditors SHEQ Management Systems, Truibuilt Engineering, TCS Hydraulic Engineering, OR Thambo Airport, Eskom Transmission Section and Aquarius Mine Kroondal Rustenburg.

Training Methodology

Our courses employ an interactive, learner-centred methodology that integrates theoretical knowledge with practical application. The training is delivered through a suitable combination of some or all of the following methods, selected according to the course content and learning objectives:

- Instructor-led presentations and facilitated discussions
- Practical workshops and participant presentations
- Hands-on exercises and real-world case studies
- Equipment demonstrations and technical drawings
- Hardware- and software-based simulations
- Gamification & Role Play in soft-skills courses only
- Virtual Reality (VR) and Augmented Reality (AR)
- Instructional videos and other relevant training resources

This blended approach encourages active participation, strengthens practical skills and supports the effective application of acquired knowledge in the workplace.

Learning Design & Customization

This course can be customized to the exact requirements of clients. Haward Technology is so proud of our huge capabilities in tailoring our courses to the training needs of our valued clients.

Accommodation

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

Course Fee

US$ 2,750 per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

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: ***Thursday, 22nd of October 2026***

0730 – 0800	*Registration & Coffee*
0800 – 0815	*Welcome & Introduction*
0815 – 0830	***PRE-TEST***
0830 – 0930	***Understanding the Role of a First Aider*** *Overview of the Responsibilities and Limitations of a First Aider • Understanding the Legal Aspects and Consent in First Aid Situations • Importance of Staying Calm and Confident in Emergency Situations*
0930 - 0945	*Break*
0945 – 1045	***Assessing the Situation & Conducting a Primary Survey*** *Performing a Scene Assessment for Safety • Conducting a Primary Survey: Checking for Responsiveness, Airway, Breathing, and Circulation (DRABC) • How to Prioritize Care and When to Call for Professional Help*

1045 - 1145	***Basic Life Support (BLS) & Cardiopulmonary Resuscitation (CPR)*** *Understanding the Chain of Survival • Hands-On Practice of CPR for Adults, Children, and Infants • Use of an Automated External Defibrillator (AED)*
1145 - 1230	***Managing Bleeding & Shock*** *Identifying Different Types of Bleeding (Arterial, Venous, and Capillary) • Techniques for Controlling Bleeding, including Direct Pressure and the Use of Dressings • Recognizing and Treating Shock, including Positioning and Maintaining Body Temperature*
1230 – 1245	*Break*
1245 – 1330	***First Aid for Heart Problems & Stroke*** *Recognizing the Symptoms of a Heart Attack and Angina • Administering First Aid for Heart-Related Emergencies, including the Use of Aspirin • Identifying the Signs of a Stroke (FAST) and Providing Appropriate Care*
1330 - 1420	***First Aid for Asthma, Hyperventilation & Allergic Reactions*** *Recognizing and Assisting Someone Having an Asthma Attack or Hyperventilation • Understanding and Using Inhalers and Breathing Techniques • Identifying Severe Allergic Reactions (Anaphylaxis) and Administering an EpiPen*
1420 – 1430	***Recap*** *Using this Course Overview, the Instructor(s) will Brief Participants about the Topics that were Discussed Today and Advise Them of the Topics to be Discussed Tomorrow*
1430	*Lunch & End of Day One*

Day 2: ***Friday, 23rd of October 2026***

0730 – 0930	***Assessing & Treating Diabetic Emergencies & Poisoning*** *Understanding the Difference Between Hyperglycemia and Hypoglycemia • Providing First Aid for Diabetic Emergencies, including the Use of Glucose • Recognizing and Managing Poisoning Cases (Ingestion, Inhalation, Absorption, Injection)*
0930 – 0945	*Break*
0945 - 1030	***First Aid for Epileptic Seizures & Head Injuries*** *Identifying Different Types of Seizures and Understanding How to Assist during a Seizure • Managing the Aftercare of a Person Post-Seizure • Recognizing and Treating Head Injuries, including Concussion and Skull Fractures*
1030 - 1130	***Managing Chest, Neck & Back Injuries*** *Assessing and Stabilizing Chest Injuries, including Fractured Ribs and Penetrating Chest Wounds • Techniques for Stabilizing Neck and Spinal Injuries to Prevent Further Damage • Understanding When and How to Move an Injured Person*
1130 - 1230	***First Aid for Burns, Electrical Injuries & Eye Injuries*** *Categorizing Burns (Thermal, Chemical, Electrical) and Providing Appropriate First Aid • Treating Electrical Burns and Understanding the Risk of Internal Injuries •* *Managing Eye Injuries, including Foreign Objects, Chemical Splashes, and Blunt Trauma*
1230 - 1245	*Break*

1245 – 1345	***Practicing Emergency Scenarios & Behavioral Skills*** *Simulating Various First Aid Scenarios to Practice Skills in a Controlled Environment • Behavioral Techniques for Managing Stress and Staying Composed During Emergencies • Communicating Effectively with the Injured Person, Bystanders and Emergency Services • Snake Bite*
1345 – 1400	***Course Conclusion*** *Using this Course Overview, the Instructor(s) will Brief Participants about the Course Topics that were Covered During the Course*
1400 – 1415	***POST-TEST***
1415 – 1430	*Presentation of Course Certificates*
1430	*Lunch & End of Course*

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 (Simulaids-USA)



CPR and Pocket Mask Adult (Spencer)



AED Trainer 2 (Philips)

Course Coordinator
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