COURSES

POST TRAUMATIC STRESS DISORDER

Every 10th employees at workplace might be suffering from PTSD.

A duty to manage

Post Traumatic Stress Disorder by employee and employer

Proper training can help managers, supervisors and employees understand their role in avoiding, reducing and controlling the health risks and managing them as they arise.

Course objectives

This Three - day course is designed for employers, employees, managers or anyone in the workplace. The course is also relevant to anyone wishing to understand the legal and management issues surrounding General First Aid management in the workplace.

A combination of skills training and practical learning methods is used in the course. Informal lecturing, group discussion and group work provide with simulated skill stations give opportunities to learn and share ideas with other trainees and our exposed experienced trainers.

Our training aids include manikins, video clips, handouts and charts amongst many others.

Course content

The course Programme is detailed overleaf:

Who should attend?

The course is ideal for every employee, including:

- Directors
- Managers
- Supervisors
- Team leaders
- Occupational health professionals
- Human resources professionals
- Safety professionals/representatives

COURSES

Course Program

This is 30hour or 3 day's duration course that allows trainees to build knowledge, expertise and confidence. The course is a complete First Aid Course that includes realistic situations with casualty simulation

1. **Managing incident**
   - Scene size up
   - Scene safety and security
   - Emergency Aid
   - Making emergency call
   - Dealing with aftermath
2. **Resuscitation**
   - Principals of resuscitation
   - Airway management
   - Rescue breaths
   - Compressing the Heart (CPR)
3. **Treatment of Shock**
   - Recognition features
   - FA treatment
4. **Heart attack**
   - Recognition features
   - FA treatment
5. **Dressings**
   - Choice of dressing
   - Types of dressings
   - Wound dressing
6. **Burns**
   - The skin
   - Types of Burns
   - Percentages of Burns
   - First Aid treatment for Severe Burns
   - First A id treatment for minor Burns
7. **Miscellaneous**
   - Illness recognition
   - Poisoning
   - Record keeping
8. **Priorities of First Aid**
   - First Aid safety procedures
   - First Aid life saving priorities
   - First Aid manoeuvres
9. **Delegation in emergencies**
   - First Aider responsibilities
   - Bystanders responsibilities
10. **Controlling bleeding**
    - Recognition of Bleeders
    - First Aid treatment for Severe Bleeding
    - First A id treatment for minor Bleeding
    - Precautions on Bleeding casualties
11. **Unconscious casualty management**
    - Establishing response
    - Maintaining Open Airway
    - Turning casualties to Recovery position
    - Casualty monitoring
12. **Fractures**
    - Recorgnitory features
    - Basic immobilisation skills
    - Moving fractured casualties
    - Choice of evacuation mode to nearest most appropriate heath facility
    - Fracture safety precautions
13. **First Aid boxes**
    - Contents of kits
    - Safety of kits
    - Refilling of kits
14. **Examination**