

## **FIRST AID TRAINING With CPR**

### **International Standardized**

#### **Who can do?**

- Anyone can attend this course as it is beneficial for everyone in their daily lives. However, it may be more beneficial for the employees who work in areas where help is hours away. Team leaders, Supervisors, Support staff and First aiders or First responders must attend a refresher course regularly on first aid and CPR

**100,000+ Students  
have been Trained**

**since  
1997**

**Program is  
offered by**

**3D EDUCATORS  
INTL**  
22 Years of  
Excellence in  
Training &  
Development

**Invest in  
People the  
only Asset  
that Appreciates**



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# Program Details

## Inauguration

The Training Program will be inaugurated by a senior member of 3DEducators

## Program Structure

No of classes per week	<b>01 - Class</b>
Duration of each class	<b>08 - Hour</b>
Total Duration	<b>08 -Hours</b>

## Other Learning Activities

Classroom Assignments	<b>02</b>
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## About the Program Instructor

First aid is the provision of initial care for an illness or injury. It is usually performed by non-expert, but trained personnel to a sick or injured person until definitive medical treatment can be accessed. Some of major objectives of first aid and CPR are to save lives, prevent further harm and promote recovery from the dangerous conditions.

Well qualified and experienced trainers with extensive hands-on and experience to groom the candidates to develop the First Aid skills

They trainers are foreign qualified and having the degrees of PhD, MBA, M.Sc., M.S. and ISO Certified as well.

## In Affiliation with





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# Program Syllabus

First aid is the provision of initial care for an illness or injury. It is usually performed by non-expert, but trained personnel to a sick or injured person until definitive medical treatment can be accessed. Some of major objectives of first aid and CPR are to save lives, prevent further harm and promote recovery from the dangerous conditions.

First-response situations often call for both quick thinking and instantaneous mastery of CPR and First-defense is proper preparation. Whether it is in a traditional office setting or for a specialized medical team, having access to all the necessary tools and knowledge is essential.

While a high-level medical professional is always the best recourse for a patient in need, it is often then allows average people to respond to a wide assortment of common, everyday conditions making them an invaluable resource for on-the-spot emergencies.





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### AIMS AND OBJECTIVES:

Medical emergencies such as heart attacks or choking can happen at any time. This one day Basic First Aid course equips the learner with the knowledge, practical skills & understanding required to provide appropriate first-aid treatment for injuries and sudden illness until medical professionals arrive to take over.

### DELEGATES WILL BE:

- Able to understand how and when to administer first aid
- Able to provide appropriate treatment for the purpose of preserving life
- Able to minimize the consequences of injury until the arrival of medical assistance
- Able to provide appropriate treatment for an injury which does not require the attention of a medical practitioner Familiar with health & safety legislation on first aid in the workplace (e.g. Contents of First Aid Box)



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The structure of the training is as follows:

1. What are first aid cases
2. First aid after cuts
3. First aid after wounds
4. First aid after burns
5. First aid after electric shock
6. First aid after dehydration
7. First aid after snake bit
8. Before performing first aid check
9. Fundamentals of first aid include
10. Cardio pulmonary resuscitation
11. Sources for consideration
12. Control of bleeding
13. First aid after burns
14. First aid after neck & spinal injuries
15. Lifting techniques

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### COURSE OUTLINE:

- Basic Life
- Support First
- Aid
- Essential Responsibilities of First
- Aider Aims And Roles of First Aid
- Provider Setup Command for First Aid Anatomy of Heart
- Difference Between Cardiac Arrest and Heart
- Attack Video - Diff b/w Cardiac Arrest and Heart
- Attack Video - What Is Cardiac Arrest
- What Is CPR - (CPR Cycle and Chest Compression for Adult) Chain of Survival
- Video - CPR 3d Animation
- Video Choking For Adults
- Video - Choking Demonstration
- Summary Sheet - All Types of Choking First Aid for External
- Bleeding
- Video - External
- Bleeding First Aid for Fractures
- Video - Triangular
- Bandages First Aid for Burns
- Types of Burns
- First Aid for Snake Bites and Sting Bites Poisoning

The above will ensure a thorough grasp of knowledge about first aid & CPR. Participants will have to sit through fully for the entire days in order to qualify for the training certificate, at the end of the training. Practical workshops, role plays and exercises are integrated with this course to enhance the participants' learning.

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### PARTNERS













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### INSTRUCTOR LICENSE

HEARTSAVER INSTRUCTOR	HEARTSAVER INSTRUCTOR
<p>Heartsaver Instructor</p> <p><b>Naurin Farhan Ali</b></p> <p>The above individual has successfully completed the cognitive and skills evaluation in accordance with the curriculum of the Pakistan Heart Association Heartsaver Instructor Program.</p> <p>18-June-2022      June 2024 Issue Date      Expiration Date</p> 	<p>Training Center: Pakistan Safety Council      Center ID #: 0384</p> <p>Address: Gulshan-e-Iqbal      Phone: 03100077713</p> <p>City: Karachi, Pakistan</p> <p>Instructor ID #: PHA00713</p>  <p>© 2018 Pakistan Heart Association</p>
<p>Heartsaver Instructor</p> <p><b>Rahim Anwar Ali</b></p> <p>The above individual has successfully completed the cognitive and skills evaluation in accordance with the curriculum of the Pakistan Heart Association Heartsaver Instructor Program.</p> <p>18-June-2022      June 2024 Issue Date      Expiration Date</p> 	<p>Training Center: Pakistan Safety Council      Center ID #: 0384</p> <p>Address: Gulshan-e-Iqbal      Phone: 03100077713</p> <p>City: Karachi, Pakistan</p> <p>Instructor ID #: PHA00714</p>  <p>© 2018 Pakistan Heart Association</p>
<p>Heartsaver Instructor</p> <p><b>Abdul Sattar Abro</b></p> <p>The above individual has successfully completed the cognitive and skills evaluation in accordance with the curriculum of the Pakistan Heart Association Heartsaver Instructor Program.</p> <p>18-June-2022      June 2024 Issue Date      Expiration Date</p> 	<p>Training Center: Pakistan Safety Council      Center ID #: 0384</p> <p>Address: Gulshan-e-Iqbal      Phone: 03100077713</p> <p>City: Karachi, Pakistan</p> <p>Instructor ID #: PHA00715</p>  <p>© 2018 Pakistan Heart Association</p>
<p>Heartsaver Instructor</p> <p><b>Noor -e-Marfa Shivji</b></p> <p>The above individual has successfully completed the cognitive and skills evaluation in accordance with the curriculum of the Pakistan Heart Association Heartsaver Instructor Program.</p> <p>18-June-2022      June 2024 Issue Date      Expiration Date</p> 	<p>Training Center: Pakistan Safety Council      Center ID #: 0384</p> <p>Address: Gulshan-e-Iqbal      Phone: 03100077713</p> <p>City: Karachi, Pakistan</p> <p>Instructor ID #: PHA00716</p>  <p>© 2018 Pakistan Heart Association</p>

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### TRAINING EQUIPMENTS

Dummies



AED



Anti Choking



Ambo Bags



First Aid Kit



Anti Venom





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# TERMS & CONDITIONS

## WITHDRAWAL FROM THE DIPLOMA/CERTIFICATION

Students are not allowed to withdraw from the Diploma. If a student cannot continue the Diploma his/her fee will be forfeited.

## CONDUCT AND DISCIPLINE

A disciplinary action, leading to rustication, will be taken against students whose conduct is found objectionable at any time during the course of study. Reference will be made to 3D Educators code of conduct.

## EVALUATION AND GRADING

The performance of students is evaluated through continuous observation of a student's performance in the Diploma – class participation, submission of assignments, quizzes and exercises.



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The student will be examined through three hourly exams conducted at the midterm and a final exam at the end of the program. Total marks for passing the Diploma will be 60 out of a total of 100.

Students who do not meet the attendance or any other eligibility criteria will not be allowed to appear in the final examination.

The following grading plan will be applicable for the Diploma:

A	87 - 100
B+	81 -86
B	72 - 80
C+	66 - 71
C	60 - 65
F	below 60





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Students who are unable to appear for the final exam are required to submit a written application stating the reason for not appearing for the exam. 3D Educators reserves the right to approve or deny such applications. If approved, the student will be allowed to sit for the exam within one month. Failure to do so, the student will be resubmit the examination fee and sit the future schedule exam. Without passing of the exams no certification will be awarded.

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### ONLINE LIVE CLASSES FACILITY AVAILABLE

- Instructor Led Training
- Real Time Presentations
- Interactive Classes
- Complete Notes and Other Stuff shall be provided through our Secure Student Login Member's Area
- For Online Live Classes, you may please download the Admission Form through our website <http://www.3deducators.com>. Fill it properly and attached the required document along with Picture and send back to [info@3deducators.com](mailto:info@3deducators.com) with scanned fee submitted voucher in the bank.
- For Pakistan you may submit the fee at any MCB Branch with the title of "3D EDUCATORS-TRAINERS & CONSULTANTS".
- If you are outside Pakistan then you may transfer via Bank to Bank or any western union, Fast Track, Money Gram or else International Transfer Body.
- After Admission, if you don't have GMAIL Account then you are requested to kindly make one GMAIL Account and shared it [info@3deducators.com](mailto:info@3deducators.com). Then further correspondence shall be made by our institute official.
- Extra Bandwidth Charges shall be incurred.

### DISTANCE NOT MATTER

You can join in the live classes Sessions of 3D EDUCATORS – TRAINERS & CONSULTANTS from anywhere of the world.

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### PRECAUTIONARY MEASURES

- During Classes, you are requested to make sure that you are in isolated room, where no noise should be there except your voice.
- Kindly Switch Off your Cell Phone during the class, because it will disturb the quorum of class.
- If you have taken the admission in the course online lonely, then ethically it is recommended and suggested that you alone in the class.
- Recording of Lectures are not allowed at your end.

This world is emerging and growing in the 21st Century very rapidly because of latest and remarkable technologies and its advancement. Due to advancement of technology, we 3D EDUCATORS offer Live Interactive class sessions

3D EDUCATORS believe on Information Technology and its systems. Now you can also avail this facility at your home.

### CONTACT US

021-34141329, 0333-2402474  
021-34857148

[info@3deducators.com](mailto:info@3deducators.com)  
<http://www.3deducators.com>

Get the Admission Form

Download Form | 

**MANAGEMENT**  
**3D EDUCATORS**  
**TRAINERS & CONSULTANTS**



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# CERTIFICATE

*Invest In People the Only Asset that Appreciates...*

*The Certificate Witnesseth that*

**Dr. Muhammad Allama Iqbal**

*Has Successfully Completed the One Day Training of the*

**"First Aid"**

Conducted By

**3D EDUCATORS - TRAINERS & CONSULTANTS**

From 22 Nov 2020 To 22 Jan 2021

CERTIFICATE ID: 3DCIA1010/5/2003093



Principal of Institute

GLOBALLY RECOGNIZED

Global Partner - International Management Research & Technology Consortium - IMRTC USA

Global Partner - PECB CANADA, Partner Institute of SDC - Government of Pakistan