



## COURSE DETAILS

### Learning Content Summary

- Role of First Aider
- Recognising life threatening problems
- Bleeding management
- Shock management
- Spinal injuries management
- CPR and AED with Role Play
- Choking
- Burns: Treatment and Management
- Bandaging and Splinting
- Managing an emergency
- Bites and Stings

### Course Levels

- EFR Certified First Aider - 1 Day

### Pre Requisites

- None

### Course Delivery

- English and Thai
- Delivered at SGS Training Centre

*SGS protected properties qualify for discounts.  
Email [training@sgsphuket.com](mailto:training@sgsphuket.com) for more  
information.*

## EFR (CPR & FIRST AID)

The SGS First Aider course is valuable to everyone, as when an emergency occurs, there is often little time to find help. In just one day, delegates will learn vital skills to help someone, and potentially save a life.

The content of this course teaches basic skills that are not often used by the general public, but when needed, they are essential. A qualified First Aider on site, can mean the difference between life and death. Participants of this course will learn essential skills for a number of emergency situations from cuts, burns, to choking, poisoning, heart attacks, and many more.

With our course based on that of the Emergency First Response Course taught by a certified instructor, you can assured of the highest safety standards.

And the course is also designed for people who may need to receive training in emergency first aid, or for staff working in areas where guest safety is paramount and the course is especially beneficial for people who look after children, from infants to teenagers, as their responsible adult.



## TRAINING CENTRE

[WWW.SGSPHUKET.COM](http://WWW.SGSPHUKET.COM)

**SGS Security Guard Ltd.**

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