



# FIRST AID AND MEDICAL TRAINING

## Objective

This course trains your employees in the skills they need to react quickly, decisively, and competently in the event of a medical emergency. These skills include:

- Reanimation, including the correct operation of automated defibrillation
- Awareness of the European emergency telephone numbers to begin the chain of survival
- Dealing with your own motivation to help
- Correct use of first-aid measures in various medical emergency situations

## Target Group

The course is designed for beginners as well as people who already have some medical training.

## Procedure

The participants simulate various medical emergency situations at the workplace and in their professional environment through a wide range of practical exercises. In doing so, participants will work through situations with one as well as two first-aiders. Thanks to the continuous teaching of background knowledge, we promote better understanding and use exercises specific to the target group to help participants apply the skills to their own professions.

Our First Aid and Medical Training course can – like many of our other courses – be carried out for private individuals and for professionals, in German or in English, in our training facilities or at the premises of your company. The duration of the seminar is determined based on the desired content.

## Content

- Basic skills: initial assessment, cardiac massage, mouth-to-mouth breathing, using an automated external defibrillator (AED) according to the SRC guidelines for adults, children, and babies
- Chain of survival, alerting emergency services, safety when providing first aid • Legal aspects: liability for failure to provide first aid
- Assessing and resolving various emergency situations
- Recognizing unconsciousness and properly handling unconscious persons
- Recognizing the symptoms of stroke and heart attack and providing first aid
- Case scenarios with increasing complexity

Course content can be tailored specifically to your workplace and your everyday needs. Above all, our modular medical training allows you to enjoy tailored training for potential emergency situations at your company. Potential topics include:

- Basic or refresher course for basic life support (BLS) and operating an automated external defibrillator (AED) (SRC certified)
- Anatomy, physiology, and pathophysiology
- Medical emergencies at the workplace
- Travel medicine: tropical diseases, sleep, jet lag, and fatigue
- Recognizing various symptoms and performing adequate first-aid measures

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## CONTACT

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