

## FIRST AID LEVEL 1

### AE-SST-01

#### PERSONS CONCERNED:

Site HSE Managers (RSEs)/Intermediate management/Operations personnel/ Design Department/HSE engineers/Production-maintenance-safety superintendents/Site management personnel/HSE-production-intervention supervisor/Foreman/Supervisory personnel (technicians/officers).

#### OBJECTIVES:

To know how to give first aid in an emergency. The training is validated by continuous assessment of knowledge by the instructor throughout the course.

### COURSE CONTENTS

#### Workplace first aid

- What is a workplace first-aid representative?
- The emergency contingency plan “How to behave in the event of an accident”: protect, examine, raise the alert, provide help.

#### Look for continuing risks to provide protection

- Is there a continuing risk of crushing, fire, explosion, electrification, suffocation?
- Try to eliminate the risk, isolate the victim from the risk or move the victim away from the risk without exposing yourself to danger.

#### Rapidly examine the victim and raise the alert

Is the victim...

- Bleeding heavily?
- Suffocating?
- Answering questions?
- Breathing?

#### Raise the alert

- Organization of first aid/emergency services in the company
- Organization of the public emergency services
- Public alarms/sirens
- Issuing and spreading an alert message.

#### Provide help

Appropriate action to take if:

- The victim is bleeding heavily
- The victim does not answer you, but is breathing
- The victim does not answer you and is not breathing
- The victim is suffering from burns
- The victim is talking, but cannot make certain movements
- The victim is suffering from specific wounds
- The victim is complaining.

#### Look for continuing risks to provide protection

- Is there a continuing risk of crushing, fire, explosion, electrification, suffocation?
- Try to eliminate the risk, isolate the victim from the risk or move the victim away from the risk without exposing yourself to danger.

### CONDITIONS

#### Duration

2 days

#### Cost

Upon request

#### Dates & venues

Consult the calendar

