

WORKPLACE FIRST-AID RESCUER

SST Training in English

SSTGB

WHY TAKE THIS TRAINING?

Learn how to act quickly and effectively in a workplace emergency

The Workplace First Aider (SST) training course provides employees with the essential skills to respond effectively in an emergency situation and contribute to workplace risk prevention.

TRAINING OBJECTIVE

Participants will learn how to:

- ✓ Protect themselves and others at the scene of an accident
- ✓ Assess an emergency situation
- ✓ Alert emergency services quickly and efficiently
- ✓ Provide appropriate first aid until professional help arrives
- ✓ Contribute to risk prevention within the workplace

CONTENT

Understanding workplace prevention

- The role of the Workplace First Aider (SST)
- Legal framework and responsibilities
- The importance of workplace prevention
- Workplace injuries and their consequences
- How workplace accidents occur
- The prevention approach
- The different stakeholders involved in prevention

Responding to an emergency situation

- Protecting the scene
- Alerting emergency services
- Examining the victim

Providing first aid

Participants will learn how to respond to situations such as:

- Severe bleeding
- Choking
- Illness or sudden discomfort
- Burns
- Pain preventing certain movements (possible trauma)
- Minor wounds
- Unconscious victim who is breathing
- Cardiac arrest (victim not breathing)

TEACHING METHODS

The training is highly practical and based on real-life scenarios:

- Practical demonstrations
- Hands-on practice of first aid techniques
- Case studies and role-playing scenarios
- Training booklet provided to each participant

OUTCOME EVALUATION

Participants who complete the entire training and successfully pass the assessments will receive the Workplace First Aider (SST) Certificate, valid for 24 months.

The training does not allow the validation of one or more blocks of skills, equivalences or bridges.

CONTACT

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Target audience

Employees of public or private companies

Prerequisites

Good English language skills

Duration

14 hours

Number of participants

4 to 10 participants

Trainer

Certified SST instructor

Accessibility

Training accessible to people with disabilities

Price

Contact us

