Community First Aid Training Course

Professional Development Training Course Outline

Category	Community Development	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Community First Aid Training Course is designed to empower participants with essential life-saving skills and knowledge to respond effectively in emergency situations. This course integrates practical techniques, theoretical understanding, and scenario-based learning to prepare individuals to act confidently during medical emergencies. Emphasizing hands-on experience, participants will gain proficiency in CPR, wound management, choking response, and basic life support, ensuring they can provide timely assistance before professional help arrives. The course is aligned with the latest international first aid standards and promotes a culture of safety, preparedness, and community resilience.

By the end of this training, participants will not only acquire first aid skills but also develop critical thinking, quick decision-making, and risk assessment abilities. The program highlights preventive care, safety awareness, and emergency response strategies suitable for homes, schools, workplaces, and public spaces. Through interactive workshops, real-life case studies, and guided simulations, learners will understand the importance of effective communication, teamwork, and maintaining composure under pressure. This course is ideal for individuals seeking to enhance community safety and organizations aiming to strengthen their emergency preparedness protocols.

Programme Curriculum

Community First Aid Training Course

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Course Objectives

1. Understand the principles and importance of community first aid.
2. Master CPR techniques for adults, children, and infants.
3. Identify and manage choking emergencies effectively.
4. Recognize and respond to common medical emergencies such as heart attacks, strokes, and seizures.
5. Develop skills for wound care, bleeding control, and fracture management.
6. Learn safe handling and transportation of injured persons.
7. Apply infection prevention and control measures in emergency situations.
8. Implement emergency preparedness and risk assessment in community settings.
9. Enhance decision-making and problem-solving during critical situations.
10. Develop effective communication skills with victims and emergency responders.
11. Understand legal and ethical considerations in first aid delivery.
12. Conduct workplace and home safety assessments to prevent accidents.
13. Apply knowledge gained in simulated emergency scenarios for practical reinforcement.

Organizational Benefits

- Improved workplace safety and risk reduction
- Enhanced employee confidence and preparedness
- Reduced response time during emergencies
- Compliance with health and safety regulations
- Promotion of a safety-first organizational culture
- Reduction in workplace injury severity and liability
- Strengthened community trust and reputation
- Empowered staff capable of assisting during public emergencies
- Cost savings through prevention and timely response
- Increased overall organizational resilience

Target Audiences

1. Community volunteers and social workers
2. School teachers and staff
3. Healthcare assistants and caregivers
4. Workplace safety officers
5. Fitness trainers and coaches
6. Parents and guardians
7. Event managers and coordinators

8. General public interested in first aid

Course Duration: 5 days

Course Modules

Module 1: Introduction to First Aid

- Principles and importance of first aid
- Legal and ethical considerations
- Types of emergencies and risks
- Personal safety and infection control
- Case study: Community response to minor injuries
- Hands-on demonstration

Module 2: CPR Techniques

- Adult CPR procedures
- Child and infant CPR
- Use of automated external defibrillator (AED)
- Recognizing cardiac emergencies
- CPR drills and feedback
- Case study: Resuscitation in public spaces

Module 3: Choking Management

- Identifying choking in different age groups
- Heimlich maneuver and alternative techniques
- Choking prevention strategies
- Practice sessions on mannequins
- Emergency response flowcharts
- Case study: School cafeteria choking incident

Module 4: Wound Care and Bleeding Control

- Types of wounds and severity assessment
- Dressing, bandaging, and compression techniques
- Use of tourniquets and hemostatic agents
- Infection prevention
- Scenario-based practice
- Case study: Workplace injury management

Module 5: Fractures and Sprains

- Identifying fractures, sprains, and dislocations
- Splinting and immobilization techniques
- Safe transportation of injured persons
- First aid kit essentials for musculoskeletal injuries
- Hands-on fracture simulation
- Case study: Community sports injury

Module 6: Medical Emergencies

- Recognizing heart attacks, strokes, seizures, and diabetic emergencies
- Emergency response protocols
- Communication with medical services
- Stabilization techniques
- Simulation exercises
- Case study: Neighborhood health emergency response

Module 7: Emergency Preparedness

- Risk assessment in homes, schools, and workplaces
- Creating emergency action plans
- Coordination with local emergency services
- Community drills and awareness campaigns
- Resource allocation during emergencies
- Case study: Natural disaster preparedness

Module 8: First Aid in Special Situations

- Burns, poisoning, and allergic reactions
- Environmental emergencies (heatstroke, hypothermia)
- Child and elderly-specific considerations
- Psychological first aid
- Integrating first aid in community programs
- Case study: Burn accident management

Training Methodology

- Interactive lectures and discussions
- Hands-on practice with mannequins and equipment
- Scenario-based simulations and role-playing
- Case study analysis
- Group activities and teamwork exercises
- Periodic assessments and feedback sessions

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

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