



**UNITEAM TRAINING**

# Combined Basic First Aid and Firefighting

## Course Overview

*Firefighting & Self Rescue:* Session introduction, Causes of fires, Conditions required for fires to occur, Fire hazard and spread of fire, Classification of fires, Extinguishing agents, Actions in case of fire, Self-rescue techniques, Practical firefighting, Use of fire blanket, Use of fire extinguishers (Foam, dry powder, CO<sub>2</sub>), Use of small bore hose reel,

First Aid: Principles of first aid, CPR, Recovery position, Bleeding management, Bleeding control, Hypothermia, Hyperthermia, Burns, Choking/Heimlich manoeuvre, practical CPR and use of defibrillator.

*Perfect for office staff!*

UT – OGI – 014



**STANDARD**

UT standard



**FREQUENCY**

Every Friday



**DURATION**

1 Day



**LANGUAGE**

English/Myanmar



**PRICING**

US\$175.00 per Delegate, including certification;



**PREREQUISITES**

NRIC or Passport Scan Copy, Medically Fit Certificate and 2 passport size photo



**VALIDITY**

2 Years



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