Garnet
Garnet Global Training Center

GGT-HS-120

HSE & Process Safety

First Aid & CPR Awareness

الإسعافات الأولية والإنعاش القلبي الرئوي

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Foundation**

Overview

First Aid & CPR Awareness gives newcomers and non-specialists a clear, practical grounding: the core concepts, the vocabulary used on the job and the first tools to apply them. Prevent incidents by understanding hazards, controlling risk and leading safety culture. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Explain the key concepts, terms and standards of First Aid & CPR Awareness.
- Recognise the main hazards, errors and misconceptions newcomers face.
- Carry out basic tasks correctly using simple checklists and tools.
- Read and use the documents, forms and data common in this field.
- Know when to escalate and who to involve.

Who should attend

HSE professionals, operations leaders, supervisors and anyone accountable for safe work. No prior experience is required; it also suits new hires, graduates and staff moving into this field.

Key topics

- Hazard identification and risk assessment
- Barriers, bow-tie and layers of protection
- Legal duties and international standards
- Human factors and safety culture
- Emergency preparedness
- Lessons from major accident investigations

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Introduction to First Aid & CPR Awareness
- Hazard identification and risk assessment
- Measurement and reporting

Day 2 Core concepts and terminology
- Barriers, bow-tie and layers of protection
- Legal duties and international standards

Day 3 Basic methods and tools
- Human factors and safety culture
- Hands-on workshop on a workplace challenge

Day 4 Working safely and correctly
- Emergency preparedness
- Common mistakes and how to avoid them

Day 5 Practical exercises and review
- Lessons from major accident investigations
- Regional and international case studies

10-day outline

Day 1 Introduction to First Aid & CPR Awareness
- Hazard identification and risk assessment
- Measurement and reporting

Day 2 Core concepts and terminology
- Barriers, bow-tie and layers of protection
- Legal duties and international standards

Day 3 Basic methods and tools
- Human factors and safety culture
- Hands-on workshop on a workplace challenge

Day 4 Working safely and correctly
- Emergency preparedness
- Common mistakes and how to avoid them

Day 5 Practical exercises and review
- Lessons from major accident investigations
- Regional and international case studies

Day 6 Advanced techniques and specialist practice
- Complex cases in depth
- Checklists and templates to take away

Day 7 Digital tools, data and automation
- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice
- Global performance benchmarks
- Group discussion and peer review

Day 9 Capstone project
- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates
- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
11–22 Jan 2027	10-day classroom	London	English	8,950
3–7 May 2027	5-day online	Live online	English	2,950
1–5 Nov 2027	5-day classroom	Dubai	English	4,750
19–23 Dec 2027	5-day classroom	Riyadh	Arabic	4,750
9–13 Jan 2028	5-day classroom	Muscat	Arabic	4,750
5–9 Mar 2028	5-day classroom	Jeddah	English	4,750
5–16 Jun 2028	10-day online	Live online	Arabic	5,450
11–22 Dec 2028	10-day classroom	London	English	8,950
2–6 Apr 2029	5-day online	Live online	Arabic	2,950
9–13 Jul 2029	5-day classroom	Kuala Lumpur	English	4,750

Dates	Format	City	Language	Fee (USD)
21–25 Oct 2029	5-day classroom	Manama	Arabic	4,750
16–27 Dec 2029	10-day classroom	Doha	English	8,950
21–25 Jan 2030	5-day classroom	Dubai	English	4,750
16–27 Sep 2030	10-day classroom	Abu Dhabi	English	8,950
21–25 Oct 2030	5-day classroom	Amsterdam	English	4,750
18–29 Nov 2030	10-day online	Live online	Arabic	5,450

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/