Occupational health and safety

Workplace Rescue and First Aid

Two days so that an employee appointed as first aider knows how to protect, assess, raise the alarm and give first aid to a victim while waiting for the emergency services. Most of the time is spent on practical skills: manikin scenarios, use of a training defibrillator, scenarios built on the risks of your site. The session is run with equipped partner trainers, in groups of 6 to 10 participants.

Duration : 2 days

Objectives

1. Place the role of the first aider within the rescue organisation and the company's prevention effort
2. Protect the victim, bystanders and oneself in the face of a continuing danger
3. Assess a victim and pass a complete alert to the emergency services
4. Perform the appropriate actions: heavy bleeding, choking, sudden illness, burns, trauma, loss of consciousness
5. Practise cardiopulmonary resuscitation and use an automated external defibrillator

Programme

Day 1 — morning

• The workplace first aider: role, limits, place in the rescue organisation of your site

• Protecting: spotting continuing dangers, removing or isolating them, emergency removal of the victim

• Assessing the victim: response, breathing, bleeding, signs of severity

• Raising the alarm or having it raised: content of the message, emergency instructions and numbers posted on your site

Day 1 — afternoon

• Heavy bleeding: compression, resting position, monitoring

• Choking: airway-clearing actions for an adult

• Sudden illness: questions to ask, resting position, information to pass on

• Thermal and chemical burns, wounds: appropriate actions and mistakes to avoid

Day 2 — morning

• Unresponsive victim who is breathing: recovery position and monitoring

• Unresponsive victim who is not breathing: cardiopulmonary resuscitation on a manikin

• Use of a training automated external defibrillator

• Injuries to limbs and back: do not move, support, monitor

Day 2 — afternoon (workshop)

• Scenarios built on the risks of your site: fall, cut, burn, sudden illness in a workshop

• Full sequence of actions, from noticing the accident to the arrival of the emergency services

• The first aider as a prevention actor: reporting the hazardous situations they notice

• Individual practical assessment and written questionnaire

Teaching methods

• Most of the time devoted to practical skills: each participant practises every action on a manikin
• Manikins and training defibrillator brought by the partner trainer
• Accident scenarios built on the real risks of your site
• Group of 6 to 10 participants so that everyone gets enough practice
• Delivery in French or Darija

Assessment and documents

Practical assessment of each participant on concrete cases and a written questionnaire, plus a day+1 learner feedback survey. Participants who pass the assessments receive a named attestation and a numbered certificate, verifiable online; the company receives the training report. Appointing first aiders remains the employer's responsibility.

Bilingual materials for every participant; each classroom course comes with its digital twin on OmniLearn.

Good to know

Practical sessions are run with our equipped partner trainers, listed and rated on Inspirra. Refresher training takes one day every 24 months.

Practical information

Duration	2 days
Prerequisites	No prerequisites; being appointed first aider by the employer.
Group size	Groups of 6 to 12 participants, in-company
Format	In-company, face to face on your site
Language	French, Darija or English; bilingual materials
Funding	OFPPT special training contracts (TFP), GIAC, Maroc PME: we prepare the applications with you, at no extra cost.
Programme customisation	Programme adapted to your procedures, your equipment and your audience

Frequently asked questions

How many first aiders should we train?
The number is set according to your headcount, working hours, the remoteness of workstations and the nature of the risks, together with your occupational physician. The practical goal is to have a first aider available at all times, in every team and every isolated area.

Is the equipment provided?
Yes. The partner trainer brings the manikins, the training defibrillator and the simulation equipment. You only need to provide a room large enough to practise on the floor.

What is refresher training?
Skills fade if they are not practised. One day every 24 months lets people revise them, take in changes to recommendations and take a practical assessment again.

Is the first aider also a fire team member?
No, these are two different roles, even if the same person can hold both. The course "Fire Safety — First-Response Fire Team Member" prepares people to react to the start of a fire.