



# TRAINING OUTLINE

**COURSE TITLE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **COMPANY:** \_\_\_\_\_

*Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.*

## SUMMARY OF TRAINING

- 1) Introduction
  - a) Standards
  - b) Why Training
- 2) Preparation
  - a) First Aid Kits
- 3) Important Steps
  - a) Evaluate
  - b) Call for help
  - c) Response
- 4) CPR
  - a) Compressions
  - b) Airway
  - c) Breathing
  - d) AEDs
- 5) First Aid
  - a) Heimlich Maneuver
  - b) Bandaging
    - 1) Capillary Bleeding
    - 2) Venous Bleeding
    - 3) Arterial Bleeding
    - 4) Nose Bleeds
  - c) Splints
    - 1) Slings
  - d) Burn Treatment
    - 1) Chemical Burns
    - 2) Electrical Burns
    - 3) Radiation Burns
  - e) Wash Stations
  - f) Bites & Stings
  - g) Weather



# TRAINING OUTLINE

- 1) Dehydration
- 2) Heat Exhaustion
- 3) Heat Stroke
- 4) Frost Bite
- 5) Hypothermia
- h) Shock
  - 1) Anaphylaxis
  - 2) Electrocutation
- i) Medical Conditions
  - 1) Asthma
  - 2) Asthma Attacks
  - 3) Diabetes
- j) Eye Injuries
  - 1) Chemicals
- 6) Conclusion