



Training Course:

**Defensive Driving & First Aid
on the Road**

**Training Course For One Week In
UAE, Dubai, Cityseason Hotel**

Which Be Held As Under Details :



Abar Solutions Petroleum Consultancy & Training Qualified From KPC Training & Consulting Services Provider

Abar Solutions Petroleum Consultancy Invite Your Employee To Participate With Us In Special Training Course As Under Details:

Course Name		Defensive Driving & First Aid on the Road				
Code	Period	Language	Start	End	Location	Fees
HSS 001	5 Days	Bilingual (Arabic & English)	18/09/2016	22/09/2016	UAE - Dubai - Cityseason Hotel	1750 KD (15% For Individual Registration) & (25% For Group Registration)
			16/10/2016	20/10/2016		
			13/11/2016	17/11/2016		
			18/12/2016	22/12/2016		
			15/01/2017	19/01/2017		
			19/02/2017	23/02/2017		
			19/03/2017	23/03/2017		
			16/04/2017	20/04/2017		
			14/05/2017	18/05/2017		
			18/06/2017	22/06/2017		
			16/07/2017	20/07/2017		
			20/08/2017	24/08/2017		
** The Fees Includes : Lecturer, Training Material, Training Room With One Coffee Break Daily, Certificate Of Attendance In Last Day Training Course **						

About The Course & Objectives:

⇒ First Part: Defensive Driving

– The need for Defensive Driving:

- Defensive driving is essential to all organizations in order to maintain maximum safety for its employees and protect company fleet. Total loss or even less severe accidents cost a lot in terms of lives and money in addition to increasing the insurance premium. In today's competitive markets the "zero accidents" reputation means a lot. Companies that are certified or aim to be certified for the OHSAS 18001 put defensive driving training as one of their first priorities. The defensive driving seminars conducted by EcoMan should give the

participants the basics of defensive driving and will help in reducing the number of accidents.

⇒ Second Part: First Aid & CPR

- This seminar aims at training people in different places, jobs, activities, age groups, and risk situations to deal with accidents in order to prevent the occurrence of deaths or chronic problems of the injured or affected personnel.
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Course Contents & Outlines

⇒ First Part: Defensive Driving

- Introduction
 - Defensive Driving Definition
 - Driver Attitude
 - Drivers classification
 - Professional / Aimer
 - Defensive / Offensive
 - Driving standards
 - Accidents (real case studies)
- All accidents are demonstrated by drawing and videos
 - Road accident statistics in Egypt
 - Description & cause of accidents
 - Preventable accidents
 - Common driving errors
 - Excuses we give for accidents

- Accident - following too closely (real case study)
- Following distance rule
- Reasons for junction collisions
- Accident - drowsiness due to medication (real case study)
- Drivers fatigue
- Sleeping process
- Avoiding HEAD ON collisions
- Collision prevention formula
- General causes of accidents
 - Driver qualifications
 - Driving tasks
 - Passenger and vehicle load
 - Pre-trip inspection
 - Braking systems
 - Vehicle maintenance
 - Wheels & Tires
- Accident Prevention & Driving Behaviors
 - Using and changing lanes
 - Passing
 - Negotiation curves
 - Negotiation downgrades
 - Parking
 - Pedestrian interaction
 - Emergency equipments
- Defensive Driving skills

- Good driving skills
- Safety devices fitted to your vehicle
- Being prepared for road hazards
- Scanning
- Blind spots
- Communicating
- Distractions
- Cell phones
- Road rage prevention
- Drinking & Driving
- Driving at night Tips
- Driver obligation list
- Multiple choice exam
- Pre-trip inspection
- Road test:
 - Depending on the number of passengers allowed per vehicle, a road test is conducted for three or four participants per round. The total round takes two hours in which the participants drive in different conditions and are exposed to different situations. The behind the wheel participants comments on his actions to the instructor and the other participants in the vehicle. The commentary practical driving has proven to be very effective.

⇒ Second Part: First Aid & CPR

- Introduction
 - Define first aid
 - Steps followed to conduct first aid

- Rights and duties when conducting first aid
- Background information
 - Physiology and anatomy of different biological systems, and the vital signs (pulse, respiration, temperature, blood pressure)
- Basic Life supports
 - The ABC steps
 - Air way obstruction handling
 - CPR
- Hemorrhage
 - External hemorrhage, and internal hemorrhage
- Ophthalmic (eye) injuries
 - Differentiate between different injuries, first aid, and prevention
- Simple wounds and injuries
 - Dealing with simple wounds
 - cleaning and dressing
- Practical training of the day
 - General examination
 - Vital signs
 - Blood pressure measurement
 - Intramuscular injection
 - eye bandages
 - Performing CPR
- Orthopedic injuries
 - Definition, types, diagnosis, first aid procedures, transporting, and ways of prevention

- Fits
 - Definition, causes, first aid, and prevention of reoccurrence
- Suffocation
 - Definition, causes, diagnosis, first aid, danger signs, and ways of prevention
- Drowning
 - Definition, causes, first aid, and prevention
- Burns
 - Definition, causes, classification, danger signs, first aid, and prevention
- Poisoning
 - Definition, causes and types, first aid, danger signs, and prevention
- Diarrhea
 - Definitions, causes, first aid, and prevention
- Animal bites
 - Causes, first aid, danger signs, first aid, and prevention
- Environmental emergencies
 - Heat cramps, heat exhaustion, heat stroke, and exposure to cold
- Comas
 - Types(Diabetic and others), management
- Practical applications
 - Handling fractured personnel
 - Splints
 - Bandages
 - Heimlich
 - Maneuver
- Revision for CPR