

OUR CERTIFIED COURSES

Delivered by qualified instructors, our programs follow American Heart Association (AHA) "HeartSaver" guidelines and include internationally recognized certification. We offer the following courses:

- Heart Saver First Aid & CPR/AED Course
- Basic Life Support (BLS)
- Advanced Cardiovascular Life Support (ACLS)

1 Heart Saver First Aid & CPR/AED Course

This course is designed to equip non-medical personnel with the essential knowledge and practical skills needed to respond effectively in emergency situations. Participants will learn how to provide immediate first aid, perform high-quality CPR, and operate an Automated External Defibrillator (AED) until professional medical assistance arrives.

Modules Covered

- First Aid Basics
- Environmental Emergencies
- Injury Emergencies
- Medical Emergencies
- Adult CPR and AED Use
- Optional Child CPR and AED Use

Learning Objectives

- Recognize and respond to common medical and injury emergencies.
- Perform the necessary interventions such as CPR for adults (and optionally children and infants).
- Effectively use an AED in cardiac arrest scenarios.
- Apply first aid techniques for environmental emergencies (heat, cold, bites, stings, etc.).
- Understand the importance of early law enforcement and emergency activation systems.

Language: English or Arabic

Duration: 6 - 8 hours

Certificate Validity: 2 years

WORLDWIDE REACH. HUMAN TOUCH.



2 Basic Life Support (BLS)

This course is specifically designed for healthcare professionals and those involved in direct patient care. It covers comprehensive training on recognizing life-threatening emergencies, delivering high-quality CPR, and using an Automated External Defibrillator (AED) effectively. The program is in compliance with the current guidelines published by the American Heart Association (AHA).

Learning Objectives

- Identify and respond to cardiac arrest, respiratory arrest, and choking emergencies.
- Perform high-quality CPR for adults, children, and infants.
- Use an AED safely and effectively during cardiac arrest scenarios.
- Apply the Chain of Survival protocol for both in-hospital and out-of-hospital settings.
- Practice team dynamics and communication during resuscitation efforts.

Language: English or Arabic

Duration: 4 hours

Certificate Validity: 2 years

3 Advanced Cardiovascular Life Support (ACLS)

The course is designed for healthcare professionals who manage cardiopulmonary arrest and other cardiovascular emergencies. It provides advanced information for cardiac arrest, emergency ACLS, and resuscitation. Participants will learn:

- Recognize and management of cardiac arrest and other cardiovascular emergencies.
- Perform high-quality CPR with emphasis on chest compression techniques.
- Recognize and management of common cardiovascular emergencies, including myocardial infarction, stroke, and acute coronary syndrome.
- Recognize and management of common respiratory emergencies, including asthma, COPD, and acute respiratory distress syndrome.
- Recognize and management of common medical emergencies, including sepsis, anaphylaxis, and hypoglycemia.
- Recognize and management of common pediatric emergencies, including pediatric cardiac arrest, stroke, and acute respiratory distress syndrome.

Target Audience

Physicians, nurses, paramedics, respiratory therapists, and all healthcare providers involved in emergency cardiovascular care of acutely ill patients.

Learning Objectives

By the end of the course, participants will be able to:

- Perform a systematic assessment of critically ill patients.
- Implement ACLS algorithms accurately and confidently.
- Apply effective communication strategies to optimize patient outcomes.
- Coordinate appropriate resuscitation and manage team roles during resuscitation.
- Manage cardiac arrest and post-arrest conditions using evidence-based approaches.

Teaching Method: Lecture, interactive case studies, scenarios, practical skills training.

Language: English or Arabic

Duration: 12 - 16 hours (split days)

Certificate Validity: 2 years



CERTIFIED FIRST AID TRAINING

TO IMPROVE YOUR WORKPLACE SAFETY



EMPOWERING SAFER WORKPLACES

Health incidents can occur anywhere and at any time. Providing immediate and effective first aid can reduce the severity of injuries, alleviate pain, and in critical situations, save lives. With the rising number of deaths related to non-communicable diseases, the likelihood of encountering a heart attack, stroke, or severe respiratory issues at work is quite real.

Many forward-thinking organizations are applying comprehensive yet cost-effective solutions to address challenges and legal requirements in Health and Safety. Among other things, they equip facilities with First Aid kits, automated external defibrillators (AED) and regularly provide their employees with essential First Aid skills and knowledge.

WHY FIRST AID KNOWLEDGE MATTERS

Providing your employees with First Aid training, including AED/AEOL use, enhances workplace safety. Our courses are designed for both beginners and those looking to refresh their skills. Best practices recommend first aid knowledge be updated every two years. While learning first aid is manageable, recalling the steps in critical moments can be difficult. That's why our training includes both theoretical instruction and practical exercises, ensuring that participants feel confident and prepared.

www.international-ems.com
+9753

WHY CHOOSE INTERNATIONAL SOS IN EGYPT?



Experience AHA-Certified training with globally recognized Heartsaver® certification.



Expert instructors who bring invaluable real-world emergency response experience.



Hands-on learning through interactive sessions using manikins, AEDs and scenario-based exercises.



Flexible delivery in our dedicated training centre in Cairo or conveniently at your premises.



Comprehensive Materials: including AHA First Aid, CPR & AED eBook.



Language options: English or Arabic.

EXPERT GUIDANCE TO CHOOSE THE RIGHT COURSE

Our experienced team can help you assess your specific needs and recommend the most appropriate program for your workforce.

BENEFITS OF PARTICIPATION



Gain practical skills and confidence to act swiftly in emergencies.



Demonstrate organizational commitment to employee welfare.



Enhance workplace safety and meet regulatory requirements.



Acquire a valued skill set recognized worldwide.

LOCATION

Our training can be conducted by our certified instructors at our dedicated training center in Cairo, or conveniently at your premises, equipped with all necessary materials such as manikins, AED trainers, and disposables.

INVEST IN SAFETY. EMPOWER YOUR TEAM

Equip your workforce with the knowledge and practical skills to respond with calm and competence when the unexpected occurs. Contact us today to discuss your requirements and ensure your team is prepared to respond effectively to any medical emergency. Protect your employees and create a safer working environment.

For scheduling, group rates or tailored sessions in Egypt, contact us today.

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The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.



CENTRALLY LOCATED, EASILY ACCESSED.



CERTIFIED FIRST AID TRAINING

TO EMPOWER YOUR WORKFORCE IN EGYPT

EMPOWERING SAFER WORKPLACES

Health incidents can occur anywhere and at any time. Providing immediate and effective first aid can reduce the severity of injuries, alleviate pain, and, in critical situations, save lives. With the rising number of deaths related to non-communicable diseases, the likelihood of encountering a heart attack, stroke, or severe respiratory issues at work is quite real.

Many forward-looking organizations are applying comprehensive yet cost-effective solutions to address challenges and legal requirements in Health and Safety. Among other things, they equip facilities with First Aid Kits, automated external defibrillators (AED) and regularly provide their employees with essential First Aid skills and knowledge.

WHY FIRST AID KNOWLEDGE MATTERS

Providing your employees with First Aid Training, including defibrillator use, enhances workplace safety. Our courses are designed for both beginners and those looking to refresh their skills. Best practices recommend that first aid knowledge be updated every two years.

While learning first aid is manageable, recalling the steps in critical moments can be difficult. That's why our training includes both theoretical instruction and practical exercises, ensuring that participants feel confident and prepared.

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1 Heart Saver First Aid & CPR/AED Course

This course is designed to equip non-medical personnel with the essential knowledge and practical skills needed to respond effectively in emergency situations. Participants will learn how to provide immediate first aid, perform high-quality CPR, and operate an Automated External Defibrillator (AED) until professional medical assistance arrives.

Modules Covered



First Aid Basics

Scene safety, assessing the victim, calling for help.



Medical Emergencies

Breathing problems, allergic reactions, heart attack, stroke, diabetes, seizures.



Environmental Emergencies

Heat exhaustion, hypothermia, poisoning, animal bites.



Adult CPR and AED Use

Hands-on practice for cardiac arrest response.



Injury Emergencies

Bleeding control, shock management, broken bones, burns.



Optional

Child & Infant CPR and AED
For those who need pediatric skills

Learning Objectives

1. Recognize and respond to common medical and injury emergencies.
2. Deliver life-saving interventions such as CPR for adults (and optionally children and infants).
3. Safely use an AED in cardiac arrest scenarios.
4. Apply first aid techniques for environmental emergencies (heat, cold, bites, stings, etc.).
5. Understand the importance of early intervention and emergency activation systems.



Language

English or Arabic



Duration

6 – 4 hours



Certificate Validity

2 years



2 Basic Life Support (BLS)

This course is specifically designed for healthcare professionals and those involved in direct patient care. It provides comprehensive training on recognizing life-threatening emergencies, delivering high-quality CPR, and using an Automated External Defibrillator (AED) effectively. The program emphasizes teamwork, rapid response, and adherence to the latest American Heart Association (AHA) guidelines.

Learning Objectives

1. Identify and respond to cardiac arrest, respiratory arrest, and choking emergencies.
2. Perform high-quality CPR for adults, children, and infants.
3. Use an AED safely and effectively during cardiac arrest scenarios.
4. Apply the Chain of Survival principles for both in-hospital and out-of-hospital settings.
5. Practice team dynamics and communication during resuscitation efforts.



Language

English or Arabic



Duration

4 hours



Certificate Validity

2 years

3 Advanced Cardiovascular Life Support (ACLS)

American Heart Association (AHA)

This course is designed for healthcare professionals who manage cardiopulmonary arrest or other cardiovascular emergencies. It emphasizes advanced interventions for cardiac emergencies. The ACLS program focuses on advanced, evidence-based interventions and enhances clinical decision-making through realistic scenarios. Participants will learn:



Recognition and management of cardiac arrest, acute coronary syndromes (ACS), and stroke



Effective leadership, communication, and team dynamics during resuscitation



Pharmacology for resuscitation, including antiarrhythmics, vasopressors, and emergency medications



Post-cardiac arrest care, stabilization, and transfer considerations



Integration of high-quality CPR with advanced cardiovascular interventions



Advanced airway management techniques

Target Audience

Physicians, nurses, paramedics, respiratory therapists, and all healthcare providers involved in emergency cardiovascular care or working in critical care, emergency, or pre-hospital settings

Learning Objectives

By the end of the course, participants will be able to:

1. Perform a systematic assessment of critically ill patients.
2. Implement ACLS algorithms accurately and confidently.
3. Apply effective communication strategies to optimize patient outcomes.
4. Demonstrate appropriate leadership and assign team roles during resuscitation.
5. Manage cardiac arrest and peri-arrest conditions using evidence-based approaches.



Teaching Method

Lectures, interactive case-based discussions, practical skill stations



Skills Assessment

Hands-on evaluation including megacode simulation



Language

English or Arabic



Duration

12 – 16 hours
(typically 2 days)



Certificate Validity

2 years