

First Aid – Proposal for 2025

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Please refer to the last page for the TARIFF details.



FAST First Aid Services & Training (Pvt) Ltd

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info@firstaid.lk | www.firstaid.lk



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At **FAST** Sri Lanka, we are a leading Occupational Health and Safety Consultancy and Training Institute affiliated with the FAST-First Aid Services & Training Institute (UK), the American Safety & Health Institute (USA), and proudly certified by the First Aid Industry Body (FAIB), ensuring internationally recognized standards.

We specialize not only in delivering top-tier training and providing expert recommendations but also in empowering our clients by enhancing their knowledge in emergency preparedness. Our services include training staff in emergency response, first aid, and fire safety, offering comprehensive solutions tailored to safeguard your business and its people.

Our Vision

To be the leading force in promoting health, safety, well-being, and environmental sustainability by cultivating a safety-conscious culture at work and home, while enhancing community safety through innovative pre-hospital care training and services, contributing to a safer and healthier Sri Lanka.

Our mission

To deliver cutting-edge training and services in pre-hospital care and emergency preparedness, fostering a culture of health, safety, and environmental responsibility at work, home, and in the community. Through innovative and empowering approaches, we aim to save lives, enhance well-being, and equip individuals and organizations with the skills to build a safer and healthier future for Sri Lanka and beyond.

[Click, to get more information](#)

<https://drive.google.com/file/d/1TknQD8AWo54emplBxLyNHH-wf57NigPn/view?usp=sharing>



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Our Approach to Achieving Excellence

Training

Our first aid training goes far beyond teaching fundamental first aid skills. It provides in-depth knowledge of Occupational Health and Safety principles, fostering a proactive mindset to reduce risks and cultivate a culture of safety and awareness in the workplace.

First Responder Services

We deliver comprehensive First Aid support at a variety of events, ranging from community gatherings and festivals to local and international sporting events, ensuring safety is a priority for all participants and attendees.

Supplies

Our supplies division ensures access to high-quality First Aid kits, consumables, training tools, informative posters, and educational publications to meet your needs.

Our Core Values

- Saving Life - Sharing knowledge and life-saving techniques.
- Reliability - Commitment – Team Work – Collaborative Working
- Competence - High standards in everything we do
- Heritage - Mutual respect, celebrating the past and building for the

Scope of Engagement

For this initiative, we aim to deliver a comprehensive First Aid training program for your team and support the development of a tailored Emergency Management System (EMS) for your organization.



Why Choose First Aid Training with FAST?

1. **A Smarter Approach to Emergency Preparedness**
Build the foundation of a strong Emergency Management System (EMS) with FAST, equipping your team to anticipate and manage emergencies effectively.
2. **Empowered and Confident Teams**
Train a team ready to act decisively in any emergency, with real-world skills and confidence.
3. **Globally Recognized Certification**
Provide your staff with international first aid certifications, enhancing their safety expertise and professional growth.
4. **Ongoing Safety Partnership**
Collaborate with FAST to continuously improve First Aid, Health, and Safety practices in your organization.
5. **24/7 Virtual First Aid Support**
Access expert guidance anytime through our virtual consultation service, ensuring safety at all hours.
6. **Audit-Ready Training**
Prepare your organization to excel in safety audits with our comprehensive training programs.
7. **Cultivating a Safety-Conscious Culture**





Objectives

- 1. Equip Learners with Essential Emergency Response Skills**
Provide learners with a solid understanding of various emergency situations and guide them to confidently apply the simple **CHECK > CALL > CARE** first aid protocols.
- 2. Prepare Learners to Assist in Workplace Emergencies**
Ensure learners are well-prepared to effectively assist during emergencies at the workplace, contributing to a safer environment.
- 3. Clarify the Role and Responsibilities of a First Aider**
Help learners fully understand the critical role and responsibilities of a first aider in emergency situations.
- 4. Conduct Incident Assessment with Confidence**
Train learners to quickly and accurately assess incidents, enabling effective decision-making in emergency response.
- 5. Manage an Unresponsive Casualty Who is Breathing Normally**
Teach learners how to manage an unresponsive casualty who is breathing normally, ensuring the airway remains clear and the casualty is stable.
- 6. Respond to an Unresponsive Casualty Who is Not Breathing Normally**
Equip learners with the skills to recognize and respond to an unresponsive casualty who is not breathing, including CPR and emergency interventions.
- 7. Recognize and Assist a Choking Casualty**
Enable learners to identify and effectively assist a choking casualty using recognized first aid techniques.
- 8. Manage External Bleeding Effectively**
Train learners to handle external bleeding with confidence, including applying pressure and appropriate wound care.
- 9. Recognize and Manage Shock in Casualties**
Help learners understand how to identify the signs of shock and implement effective management strategies to stabilize the casualty.
- 10. Provide Care for Minor Injuries**
Teach learners how to manage common minor injuries, ensuring quick and efficient first aid to prevent complications.



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Content of the program	1 day	2 days	3 days
The role of the First Aider	*	*	*
Surveying the scene	*	*	*
Casualty assessment	*	*	*
Resuscitation and choking	*	**	**
Unconscious casualty	*	*	*
Airway and breathing problems	*	**	**
Circulation problems	*	*	*
Blood loss and wounds	*	**	***
Poisons			*
Burns and scalds	*	*	*
Trauma- Fractures, Sprains, Strains. Spinal and Head	*	*	***
Medical emergencies		*	*
Childhood First Aid		*	*
First Aid regulations and reporting			*
Scenario Practices		*	***





Intake Capacity

Please follow the last page (Course fee structure).

Day classes are conducted during office hours. Other time options - may be arranged.

Medium of Instruction

Depend on the customer's requirement.

Lecturers and Instructors

The Course is led by FAST – Registered Trainers

Examination

All examinations are being conducted, evaluated, and certified by FAST.UK. Each participant is required to have a minimum of 80% attendance, failing which he/she shall not be allowed to sit for both the written and practical examinations. (An Outline of the exam is to assess the ability to Lifesaving, Stabilising and Transportation a casualty.)

Certification

FAST Sri Lank is responsible for conducting first aid training under the guidelines of **FAST.UK** and **FAIB (UK)** and it ensures obtaining an internationally recognized certificate which is valid for one year to three years in respect to the program they followed. The candidate will receive a registration number placed on the FAST SL database for easy communication.

Our entire operations and quality of training are Monitoring by Professional and Independent First Aid Inspectors of FAST.UK <https://firstaidservicesandtraining.com>

Our certification system
Run by a Management Advisory Panel from FAIB in the U.K
<http://www.faib.co.uk>





Payment

Course Fees should be made at least on or before the commencing date. In the case of cheques, payment should be made to - **FAST First Aid Services and Training Pvt Ltd**. The certificates are issued after the completion of payments.



Bank - Sampath Bank - 7278
Branch - Gothatuwa - 173
Acc No - 017 310 004 790



Bank - Cargills Bank - 7481
Branch - Rajagiriya – 020
Acc No - 020 950 000 063

** Transport

The client is responsible for arranging transport for training materials. If we arrange it through a third-party service (e.g., PickMe), the transport cost must be settled directly with the driver, as it cannot be included in the final bill due to tax regulations.

The Information we should have before commencing the training.

1. Program Details
 - a. Program Title /Type: (e.g., First Aid Training, Emergency Response Training)
 - b. Dates and Duration:
 - c. Number of Participants:
 - d. Training Venue Address:
2. Customer Contact Information
 - a. Primary Contact Person / Designation / Department / Phone Number / Email Address:
3. Payment Information
 - a. Payment Method: (e.g., Bank transfer, cash, cheque)
 - b. Billing Details Legal Name for Invoicing & Address:
4. Transport Arrangements
 - a. Responsibility: (Will transport be arranged by the customer or by the organization?)
5. Quality Assurance Inputs
 - a. The training venue should be quiet, well-ventilated, spacious, and equipped with at least a whiteboard for effective delivery.

How to confirm the training program?

Send us an email to info@firstaid.lk with the above information



Fire Safety Training and Certification

Ignite Safety Awareness! Join our comprehensive fire training program to learn essential skills for preventing and managing fire emergencies. Led by experts, our hands-on sessions will boost your confidence and equip you to protect yourself and others. Sign up today and contribute to a safer environment.

Empower Your Team with Occupational Health & Safety Knowledge!

Join us for our comprehensive workplace safety training sessions, designed to equip employees with the skills and knowledge they need to create a safer work environment. Let's prioritize safety together.



Introducing FAST Supplying Stores

Your one-stop solution for first aid and PPE purchasing! We offer a wide range of high-quality first aid supplies and personal protective equipment to ensure safety and compliance in your workplace. Shop with us for reliable products and exceptional service.

Emergency First Responder IDs

We provide specialized Emergency First Responder IDs for workplace teams, featuring essential emergency information and serving as a reminder of their critical responsibilities.





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YOUR
LOGO
 - GOES HERE -

Google
 Customer Reviews
 ★★★★★
4.9
<https://g.page/r/Cf1l-phf9bfJEAE/review>

TARIFF



Thank you for printing only
this page to save the
environment

		Emerg: First Aid @ Work (EFAW)	First Aid @ Work (FAW)
Duration		6 hours	12 hours
Minimum Participatrion		10	10
Standed Cost	10 heads	15,000.00	25,000.00
	11 heads	16,500.00	27,500.00
	12 heads	18,000.00	30,000.00
	13 heads	19,500.00	32,500.00
	14 to 20 heads	21,000.00	35,000.00
	21 to 25 max	1000.00 p/head	1500.00 p/head
Certificates		Individual	Individual
Validity period		1 Year	3 Years
Emerg 1st responder ID		750.00 (Optional)	

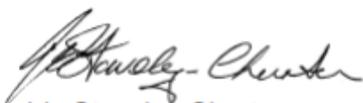
For additional information and further clarifications, please reach out by phone at 0112 906 906.

We do not recommend a one-day short course for shop floor-level workers unless they have previously completed first aid certification. For those new to the subject, a fee of **LKR 250.00 per person** will apply if the number of participants is equal to or fewer than 12 for certification.

The minimum cost for our services is LKR 15,000 + [250.00 X N] and the maximum duration is 4 hours for that package. [N = Number of participant if les fewer than 12]

This contract will be valid for a period of 4 weeks. We look forward to a favorable response

Thanking You



Liz Staveley Churton
(Principle – Fast .UK)

FAST First Aid Services & Training (Pvt) Ltd

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