COSAFE™
EHS

FIRST AID

TRAINING CATALOGUE



- CPR & AED Training
- Hands-on Practical Sessions
- Emergency Response Skills
- Corporate & On-Site Training

CALL US
+91 78929 78960

Email
mahadev@cosafe.in

Website
cosafe.in

Campuses
- Dommasandra, Bengaluru
- Shamshabad, Hyderabad

OUR ACHIEVEMENTS

50,000+
Employees Trained

1500+
Training Hours Completed

500+
Corporate Clients Served

Presence in 15+
Cities Across India

Our Future Target

To train **1,00,000+ people** in the next **1 year**

OUR TRAINING INCLUDES:

- Hands-on demonstration
- Real-life simulations
- Step-by-step guidance
- Certified trainers
- Confidence-building drills
- Workplace emergency handling

OUR RECOGNITION

NSDVE – LIGHT UP YOUR SKILL

CERTIFIED ISO 9001:2015 COMPANY

GREEN TRIANGLE FOR SAFETY

सूक्ष्म, लघु एवं मध्यम उद्यम
MSME
Micro, Small & Medium Enterprises

NBSVT

Every Second Matters.
Are you trained to act?

Join CoSafe Today.

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COSAFE EHS

SAFER PEOPLE | STRONGER WORKPLACES

INTRODUCTION TO FIRST AID

First aid is the immediate help provided to someone suffering from an injury or sudden illness before professional medical assistance arrives. It aims to preserve life, prevent the condition from worsening, and promote recovery. This initial care can include actions like stopping bleeding, treating burns, or performing CPR, depending on the situation.



001 Can save lives before professional help arrives

002 Builds confidence during emergencies

003 Helps reduce recovery time

"ARE YOU READY TO SAVE A LIFE?"

CLIENT APPRECIATION LETTERS


DECATHLON SPORTS INDIA PRIVATE LIMITED


E Cars International Pvt Ltd


PRAANA AEROSPACE SOLUTIONS PRIVATE LIMITED


JINA SPECIAL STEEL WORKS PVT. LTD.


ELY PROJECTS PRIVATE LIMITED


O&M Solutions




FASHION LINE APPARELS COMPANY

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FIRST AID TRAINING OVERVIEW

Building safer workplaces through life-saving skills

Prepare Respond Save Lives



TRAINING OUTCOMES

By the end of this training, participants will achieve the following:

1. Ability to respond confidently to common workplace injuries and medical emergencies
2. Understanding of primary assessment: checking response, breathing, and pulse
3. Proper technique for CPR (Cardiopulmonary Resuscitation)
4. Effective use of an AED (Automated External Defibrillator)
5. Skills to control bleeding and manage cuts, wounds, and shock
6. Ability to treat fractures, sprains, burns, and muscle injuries
7. Understanding how to assist during choking emergencies for adults
8. Knowledge of recovery position and safe casualty handling
9. Ability to identify early signs of medical conditions (stroke, heart attack, fainting, seizures)
10. Improved communication and coordination during medical emergencies
11. Awareness of workplace emergency response protocols
12. Enhanced decision-making skills during critical first aid situations

TRAINING MODULES (THEORY + PRACTICAL)

A balanced combination of classroom learning and hands-on practice to build knowledge, confidence, and practical skills.

Module 1 – Theory (Classroom – 1.5 Hours)

Topics Covered:

1. Introduction to First Aid & Emergency Action Principles
2. Understanding the ABCs – Airway, Breathing, Circulation
3. Handling Common Workplace Injuries
4. CPR Techniques (Adult) – Theory
5. Severe Bleeding Control & Bandaging Methods
6. Managing Burns, Fractures, Sprains & Shock
7. Choking Emergencies – Heimlich Technique
8. First Aid Kit Contents & Usage
9. Do's & Don'ts During Medical Emergencies



Module 2 – Practical (1 to 1.5 Hours)

Topics Covered:

1. CPR Hands-on Practice
2. Choking Relief Practice
3. Bandaging & Dressing Techniques
4. Splinting Practical (if resources available)
5. Recovery Position Demonstration
6. Handling Unconscious Victims
7. Emergency Response Simulation

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CLIENT REQUIREMENTS & TRAINING PROCESS

First Aid Training Overview for Preparation, Delivery and Post-Training Support

Prepare Respond Save Lives

CLIENT REQUIREMENTS FOR TRAINING

Classroom Arrangement

- Participant list
- Emergency Response Plan (ERP)
- First aid kit (company-provided)
- Projector / TV screen for presentation
- Classroom seating for all participants
- Notebook & pen for participants (if available)
- Water arrangement for participants



Practical Arrangement

- Clean and open space for practical first aid demonstration
- First aid kit with basic supplies (bandages, gauze, gloves, antiseptic, etc.)
- CPR manikin (if available)
- AED machine / AED trainer (if available)
- Stretcher (if available)
- Wheelchair (if available)
- Volunteers for role-play scenarios
- Table for displaying first aid materials
- Dedicated person to support logistics





OUR TRAINING PROCESS

A structured and effective approach to deliver a safe, engaging, and impactful first aid training experience.

01 Pre-Training

- Understanding client requirements
- Consultation with lead trainer
- Customised proposal
- Pre-training meeting
- Training arrangement planning



02 On Training Day

- Classroom session
- Practical session
- Hands-on extinguisher use
- Feedback & evaluation
- Attendance



03 Post-Training

- Evaluation results
- Certificates
- Complete training report
- Free safety recommendations
- Sharing training handbock

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COSAFE EHS

COSAFE EHS ADVANTAGE

Why Organizations Choose CoSafe EHS for First Aid & Emergency Response Training

SAFER PEOPLE | STRONGER WORKPLACES | A HEALTHIER TOMORROW



COSAFE EHS	KEY ASPECT	OTHER TRAINING CENTERS
Theory + practical sessions with real-life demonstrations.	Training Method	Mostly theory-only sessions with minimal practical.
Customized content based on industry risks and workplace needs.	Training Content	Generic slides used for all industries.
Certified first aid trainers with real emergency handling experience.	Trainer Expertise	Trainers without certified credentials.
Detailed reports, assessments, attendance, photos and certificates.	Training Documentation	Basic attendance-only documentation.
Guidance on compliance with national guidelines and audit requirements.	Compliance & Audit Support	Limited understanding of compliance requirements.
Skill assessment after training for practical competency.	Skill Assessment	Minimal or no assessment.

OUR TRUSTED CLIENTS

Leading organizations across industries trust CoSafe EHS

walna · ATHENA · NIPPON SIGNAL · SAMSUNG · TATA STEEL · MARUTI SUZUKI · bigbasket · promac · IFB

alorica · CHEVROX · QUIKJET · Hitachi Energy · Texas Instruments · TOSHIBA · CIE India · elettromil · ANAND SWEETS & SAVOURIES

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COSAFE EHS

MEET OUR EXPERT TRAINERS

Safer People Stronger Workplaces

Expertise today for a safer tomorrow



S P Mahadev

FOUNDER & OSH TRAINER

TRAIN | PROTECT | BUILD SAFER WORKPLACES



Jayasimha

FIRE SAFETY EXPERT



Lakshmipathy M

FIRST AID INSTRUCTOR



Umesh Sugur

ELECTRICAL SPECIALIST



Sangamnath

SCAFFOLDING EXPERT



Bala Subramanyam

FIRE & SAFETY AUDITOR



Anand Gurrala

BBS SPECIALIST



Ajith V

EHS EXPERT



SHASHIKUMAR HS

FIRST AID INSTRUCTOR

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HEALTH | SAFETY | ENVIRONMENT | A SAFER TOMORROW TOGETHER

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COSAFE EHS

ADDITIONAL TRAINING SERVICES

SAFER PEOPLE | STRONGER WORKPLACES | A HEALTHIER TOMORROW

Comprehensive EHS Training for a Safer, Stronger Workplace

Fire Fighting Training



Fire Mock Drill / Evacuation Drill



Emergency Response Team (ERT) Training



Fire Marshal Training



Chemical Safety Training



Road Safety Training



Scaffolding Safety



BBS Training & More



Forklift & Crane Safety



Risk Assessment



Work at Height



Defensive Driving Safety



Excavation Safety



Manual Handling



PTW Systems



Accident Investigation



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COSAFE™ EHS

Safer People Stronger Workplaces

OUR SUCCESSFUL PRACTICAL FIRST AID TRAININGS

HANDS-ON TRAINING | REAL-WORLD EMERGENCY RESPONSE PRACTICE | SAFER PEOPLE, STRONGER WORKPLACES

LEARN PRACTICE BE PREPARED

First Aid Today A Safer Tomorrow







CPR PRACTICE
BUILDING CONFIDENCE TO SAVE LIVES



BANDAGING & FIRST AID TREATMENT
PRACTICAL SKILLS FOR REAL SITUATIONS



CHOKING RESPONSE
LEARN. PRACTICE. BE PREPARED.







CPR PRACTICE
Learn life-saving CPR techniques

BANDAGING
Practical wound care & injury treatment

CHOKING RESPONSE
Airway management & obstruction relief

EMERGENCY SIMULATION
Real-world scenario based training

CLASSROOM LEARNING
Expert guidance & safety awareness

HANDS-ON DEMONSTRATION
Practice. Perform. Be Prepared.































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First Aid Skills Today | Safer People Tomorrow

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COSAFE EHS

THANK YOU & GOOGLE REVIEWS

Trusted by learners for practical, life-saving first aid training.

Safer People
Stronger
Workplaces

GOOGLE REVIEWS

4.9 ★★★★★ | 831 reviews

Real Learners. Real Experiences. Real Impact.

pratheek cn — 4 months ago

It was a good learning experience. Got insights and practical experience on Electric shock first aid, how to conduct a CPR for unconscious victims, and more. Overall a really enjoyable session.

Raveendra Mopuri — a month ago

Excellent session on different first aid and CPR techniques. Got hands-on experience on CPR through manikins. Thank you 🙏

sachingowda B N sachi — 4 months ago

CPR training is very good training sir. All training is very useful and first Aid training is very good. Thank you sir.

Inamaru kannan — 5 months ago

In this session, CPR session very useful. Snake bite treatment very informative. Thank you.

Komal Bhalekari — 3 years ago

The trainer is very knowledgeable and experienced. I recommend First Aid and CPR training in Bangalore. Warm regards from me.

sandeep kumar — 2 years ago

Excellent place to get a good awareness of basic first aid, which also includes how to administer CPR. Highly recommended for those new to this area.

"BE THE PERSON WHO HELPS, NOT THE PERSON WHO WATCHES."

Join CoSafe EHS Academy to learn practical, scenario-based First Aid.
Real situations. Real training. Real confidence.





LEARN — Practical Skills
PRACTICE — Real Scenarios
BE PREPARED — Build Confidence
SAVE LIVES — Make a Difference

CONTACT US

Start your first aid learning journey with CoSafe EHS Academy.

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Our Training Locations
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Shamshabad, Hyderabad

Scan here to view live reviews

See what our learners say on Google

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