

Emergency Response and Preparedness

COURSE CODE : ZMT-HSE-113

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| COURSE OVERVIEW | The Emergency Response Training Course is a comprehensive, one-day program designed to equip participants with the skills, knowledge, and confidence to handle workplace emergencies effectively. This course focuses on emergency response procedures, prompt rescue, and safe evacuation techniques during critical incidents such as fires, confined space emergencies, or work at height rescues. |
| TARGET AUDIENCE | This course is tailored for: <ul style="list-style-type: none"> • Line Managers • Supervisors • Individuals responsible for designing, developing, and managing workplace emergency response procedures. |
| COURSE OBJECTIVES | Participants will learn: <ul style="list-style-type: none"> • Understand local legislation and legal standards for emergency response and preparedness. • Identify various types of emergencies and associated hazards. • Implement rescue procedures to mitigate risks during workplace emergencies. • Learn effective strategies for emergency response and victim transportation using rescue apparatus. |
| COURSE CONTENTS | <ol style="list-style-type: none"> 1. Introduction to Emergency Response 2. Definition of Emergencies and Their Types 3. Employer and Employee Responsibilities 4. Role and Responsibilities of Emergency Responders 5. Legal Standards for Emergency Procedures 6. Key Rescue Techniques: <ul style="list-style-type: none"> • Confined Space Rescue • Work at Height Rescue • Fire Evacuation Planning 7. First Aid in Emergency Situations 8. Emergency Preparedness and Response 9. Use of Rescue Apparatus 10. Rescue Arrangements and Summon Techniques 11. Rescuer vs. Would-Be Rescuer: Roles and Differences 12. Standby and Rescue Operations 13. Practical Sessions: <ul style="list-style-type: none"> • Demonstration of Physical Rescue (Using Dummy). • Hands-on Use of Emergency Rescue Apparatus. |
| DELIVERY MODE | The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities. |
| DURATION | 1 Day |
| ASSESSMENT CRITERIA | Participants will complete both practical and theoretical assessments to demonstrate their understanding of: <ul style="list-style-type: none"> • Emergency response procedures. • Hazard identification and risk reduction. • Safe use of rescue equipment in various scenarios. |



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