

CPR & AED use (face to face)

The **Labour Act, 2007 (Act No. 11 of 2007)** establishes a strict legal mandate for employers to secure the health, safety, and physical welfare of everyone in the workplace. Under this statutory framework, organizations are legally required to maintain adequate emergency medical response capabilities, which directly includes life-saving equipment and trained personnel. This specialized, face-to-face CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) training program is designed to bridge the gap between sudden cardiac arrest and professional medical intervention. Because a victim's chance of survival drops by 7% to 10% for every minute without defibrillation, this course transforms employees into immediate, decisive responders capable of fulfilling the spirit and letter of Namibian safety legislation.

In Namibia, unique industrial landscapes, extreme environmental factors, and geographic isolation drastically increase the risk of cardiac emergencies and delay emergency medical services (EMS). This training directly addresses critical, high-risk scenarios unique to the Namibian work environment:

- **Mining, Utilities, and Heavy Industry:** Managing high-voltage electrocution risks in sub-stations or solar farms, and treating secondary cardiac arrest caused by toxic gas inhalation or severe crush trauma in deep-level and open-cast operations.
- **Agriculture and Remote Eco-Tourism:** Responding to cardiac events triggered by venomous snakebites (such as the Black Mamba or Cape Cobra) or severe heatstroke in arid regions like the Namib or Kalahari deserts, where commercial air or road ambulance response times can take hours.
- **Maritime and Commercial Fishing:** Executing CPR and AED protocols within the confined, moving, and wet environments of fishing vessels operating along the rough Atlantic coastline, where external medical evacuation is restricted by sea conditions.
- **Logistics and Construction:** Treating sudden cardiac arrest brought on by extreme physical overexertion in high-temperature environments, or high-impact thoracic trauma resulting from heavy machinery and transport accidents.

Through hands-on chest compression practice and live AED simulator training, this course equips you with the muscle memory and confidence needed to sustain life, protect your colleagues, and ensure full regulatory compliance.