

# EMERGENCY FIRST RESPONDER (EFR)

**COURSE – DIVE ANDAMAN, HAVELOCK ISLAND**

Be the Person Who Can Make a Difference in an Emergency

Medical emergencies don't give warnings—and often, it's the people around who make all the difference. At Dive Andaman in Havelock Island, our Emergency First Response (EFR) Primary & Secondary Care Course is designed to empower everyday individuals with the skills and confidence to take action when it matters most.

Whether you're a diver advancing toward your PADI Rescue Diver or Divemaster certification, or someone who simply wants to be prepared to help in real-life emergencies, this course gives you the tools and mindset to respond effectively.



**DIVE  
ANDAMAN**  
(P) PVT. LTD.





# WHY CHOOSE THE EFR

## COURSE WITH DIVE ANDAMAN?

At Dive Andaman, we believe that first aid training should be accessible, practical, and taught in a stress-free, supportive environment. Our instructors are not only certified professionals but also passionate educators who understand the importance of personal attention. That's why we keep our class sizes small—never more than 4 students per instructor—so you get the guidance you need to learn at your own pace.

You won't just sit through theory—you'll actively participate in role-playing, realistic scenarios, and hands-on exercises designed to build muscle memory and real-world readiness

## WHO IS THIS COURSE FOR?

**The Emergency First Responder course is for:**

- Certified divers preparing for the PADI Rescue Diver or Divemaster certification
- Travelers and adventurers who want to be prepared for emergencies
- Anyone who wants to feel confident and capable in helping others during accidents, injuries, or medical incidents

No prior experience is required, and you don't have to be a diver to take the course.





# WHAT YOU'LL LEARN

Our EFR course covers both Primary Care (life-threatening situations) and Secondary Care (non-life-threatening injuries and illnesses).

## THE TRAINING INCLUDES:

### PRIMARY CARE (CPR) SKILLS

- Scene safety assessment
- Barrier use (gloves, masks, etc.)
- Primary patient assessment
- CPR techniques (adult, child, and infant)
- Serious bleeding management
- Shock response
- Managing suspected spinal injuries
- Choking assistance (conscious and unconscious)



### RECOMMENDED ADD-ON SKILLS

- Using an Automated External Defibrillator (AED)
- Administering emergency oxygen

### SECONDARY CARE (FIRST AID) SKILLS

- Injury and illness evaluation
- Bandaging techniques
- Splinting dislocations and fractures





# YOU'LL ALSO LEARN HOW TO MANAGE AND PROVIDE FIRST AID FOR:

**You'll also learn how to manage and provide first aid for:**

Allergic reactions (including anaphylaxis), asthma, cuts, bruises, burns (including chemical burns), seizures, strokes, diabetic emergencies, heatstroke, hypothermia, jellyfish and fish spine injuries, marine stings and bites (octopus, snake, spider), and more.





# COURSE FORMAT & SCHEDULE

*We've designed the course to be flexible and student-focused, allowing us to adjust to your schedule and learning speed.*

## COURSE BREAKDOWN

### DAY 1

**09:00 – 11:30**

**Course orientation, watch the official EFR training video, and complete knowledge review**

**11:30 – 12:30**

**Lunch break**

**13:30 – 16:00**

**Practical workshops and scenario-based training**

**16:00 – 16:30**

**Final exam and course debrief**



**BY THE END OF THE DAY, YOU'LL BE OFFICIALLY CERTIFIED AS AN EMERGENCY FIRST RESPONDER, WITH A CERTIFICATE VALID FOR 2 YEARS**



# WHAT'S INCLUDED IN YOUR EFR COURSE PACKAGE



- EFR Primary & Secondary Care Course (Theory + Practical)
- Digital EFR Manual (E-learning)
- Online EFR Certification Card (valid for 24 months)
- Use of all first aid gear and equipment during the course
- Small group instruction (max. 4 students per instructor)





# WHAT MAKES DIVE ANDAMAN DIFFERENT

We're not just ticking boxes. Our goal is to help you leave the course with real skills and true confidence.

From our experienced instructors to our personalized training approach, everything we do is designed to make sure you feel ready to help if and when the time comes.

We also understand that everyone learns differently. So we go at your pace —no pressure, no rush—just solid, hands-on learning in a relaxed, supportive environment on the beautiful shores of **Havelock Island**.





# GET CERTIFIED. BE PREPARED. MAKE A DIFFERENCE.

Emergencies happen when we least expect them. The EFR course equips you with more than just knowledge—it gives you the power to help save a life.

Whether you're taking this as part of your dive career progression or just to be a better travel partner, parent, friend, or co-worker—this course is a meaningful investment in yourself and in those around you.



Course Fees  
**15,000/- + GST**





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**ANDAMAN**  
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## CONTACT FOR MORE INFO:

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