



Courses

Learn first aid, logistics, trauma care and more.



Role-based tracks

Get training tailored to your specific role.



Quick references

Find answers fast

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Courses



First Aid

Learn essential life-saving techniques to respond quickly to injuries and medical emergencies.



Humanitarian Logistics

Understand how to efficiently manage the supply and distribution of critical resources during emergencies and blockades.



Security and Evacuation

Gain practical skills to assess threats, stay safe, and plan secure evacuations under high-risk conditions.



Crisis and Communication

Learn to communicate in emergencies when networks are down, using offline methods to stay connected and coordinated



Mental Health and Trauma Support

Learn how to provide psychological first aid and long-term support for individuals and communities affected by trauma.





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First Aid Training



First aid training teaches essential skills to handle medical emergencies when professional help isn't available. It covers lifesaving actions like stopping bleeding, CPR, and treating burns—especially vital in conflict zones like Gaza.

Access PDF below

2 of 6 completed



Stopping Bleeding Safely.

In this lesson, you'll learn how to recognize different types of bleeding and apply effective techniques to control it. Using simple methods like direct pressure, elevation, and makeshift bandages, you'll be able to respond quickly and confidently—potentially saving a life before professional help arrives. Designed for low-resource environments, this training focuses on practical, field-ready actions anyone can take.



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English

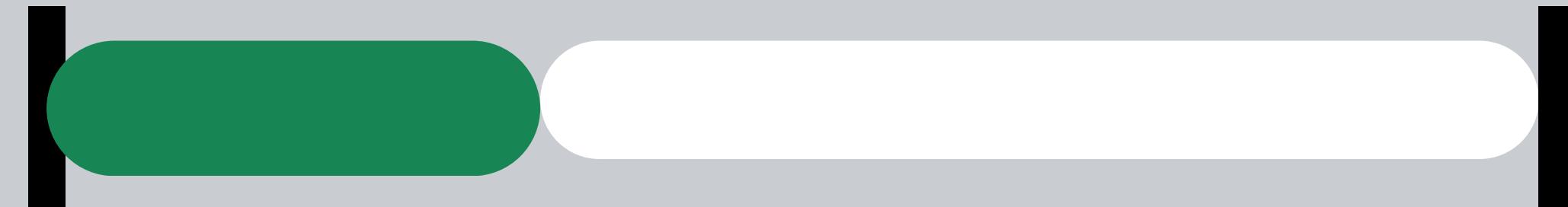


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Progress tracker

Your training progress: 33% achieved



Course: First Aid

Back to courses

Introduction to First Aid

Assessing the Scene

Basic life support

Treating bleeding



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English

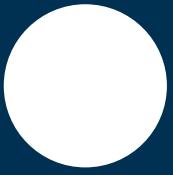


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Role-Based Tracks



Medical Support



Logistics Coordinator



Security Officer



Field Officer





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Ask a Mentor

I'm in a situation where someone has a deep cut and is bleeding heavily, but I don't have access to proper medical supplies. What is the best way to stop the bleeding using materials I might have around me, like clothing or tape? How long should I apply pressure, and how do I know if I've done it correctly or if they need more urgent help?

Urgent

Submit

Q1: What should I do first if someone is bleeding heavily?

Apply firm, direct pressure to the wound using a clean cloth or any available material.

Q2: Can I use regular cloth or clothing as a bandage?

Yes, clean clothing or fabric can be used to control bleeding if sterile materials aren't available.

Q3: How do I know if bleeding is serious?

If blood is spurting, soaking through cloth quickly, or doesn't stop after 10 minutes of pressure, it's serious.

Q4: What if I don't have gloves?

Use a barrier like a plastic bag or cloth to protect yourself while helping..



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English



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Offline Downloads



PDF



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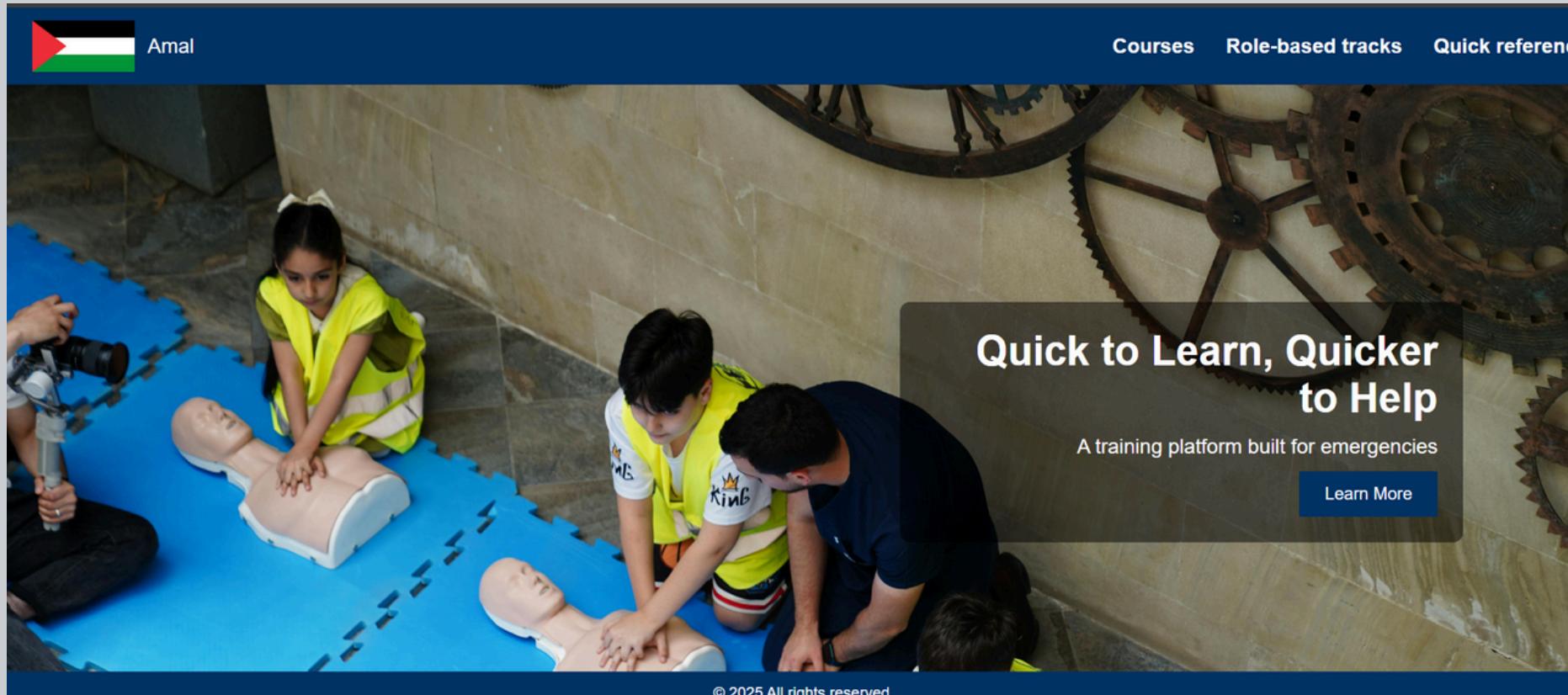


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English

Example website:



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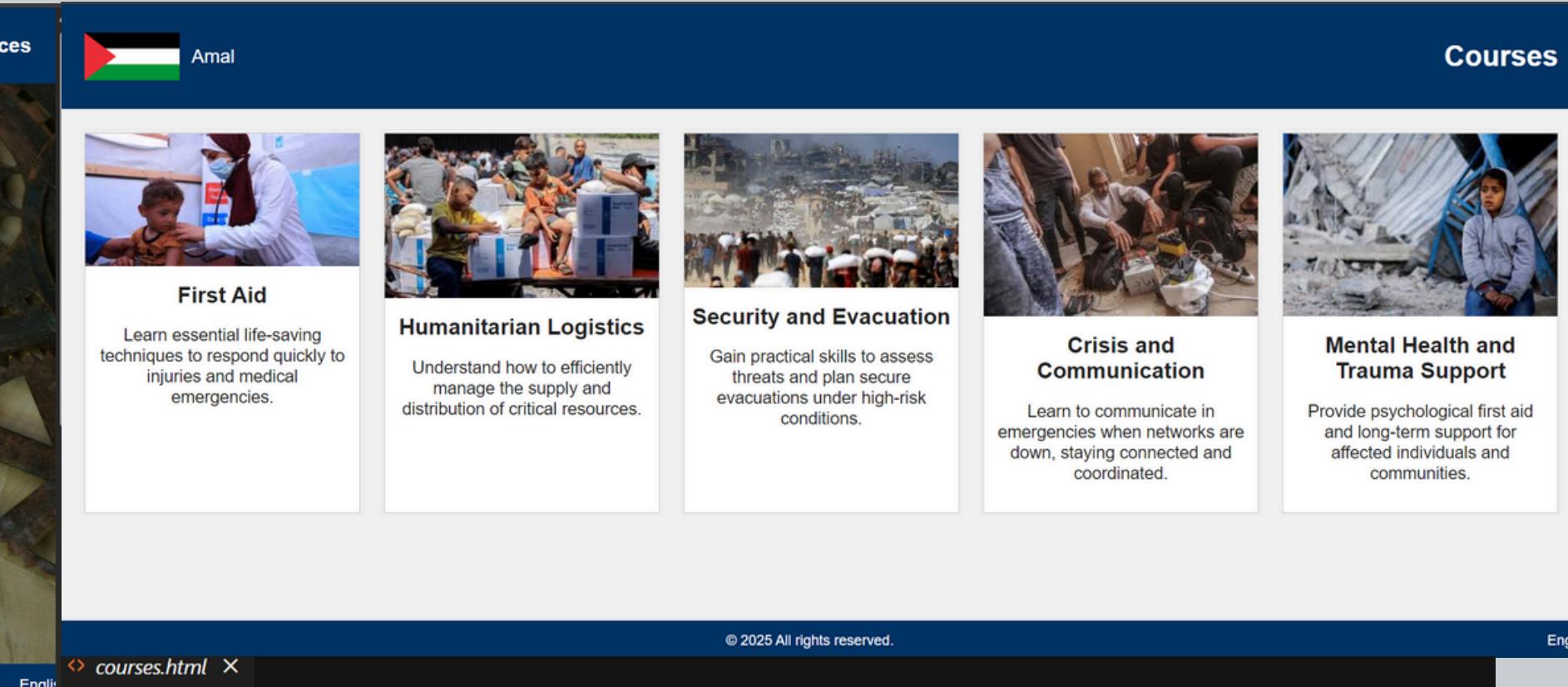
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Quick to Learn, Quicker to Help
A training platform built for emergencies

Learn More

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English



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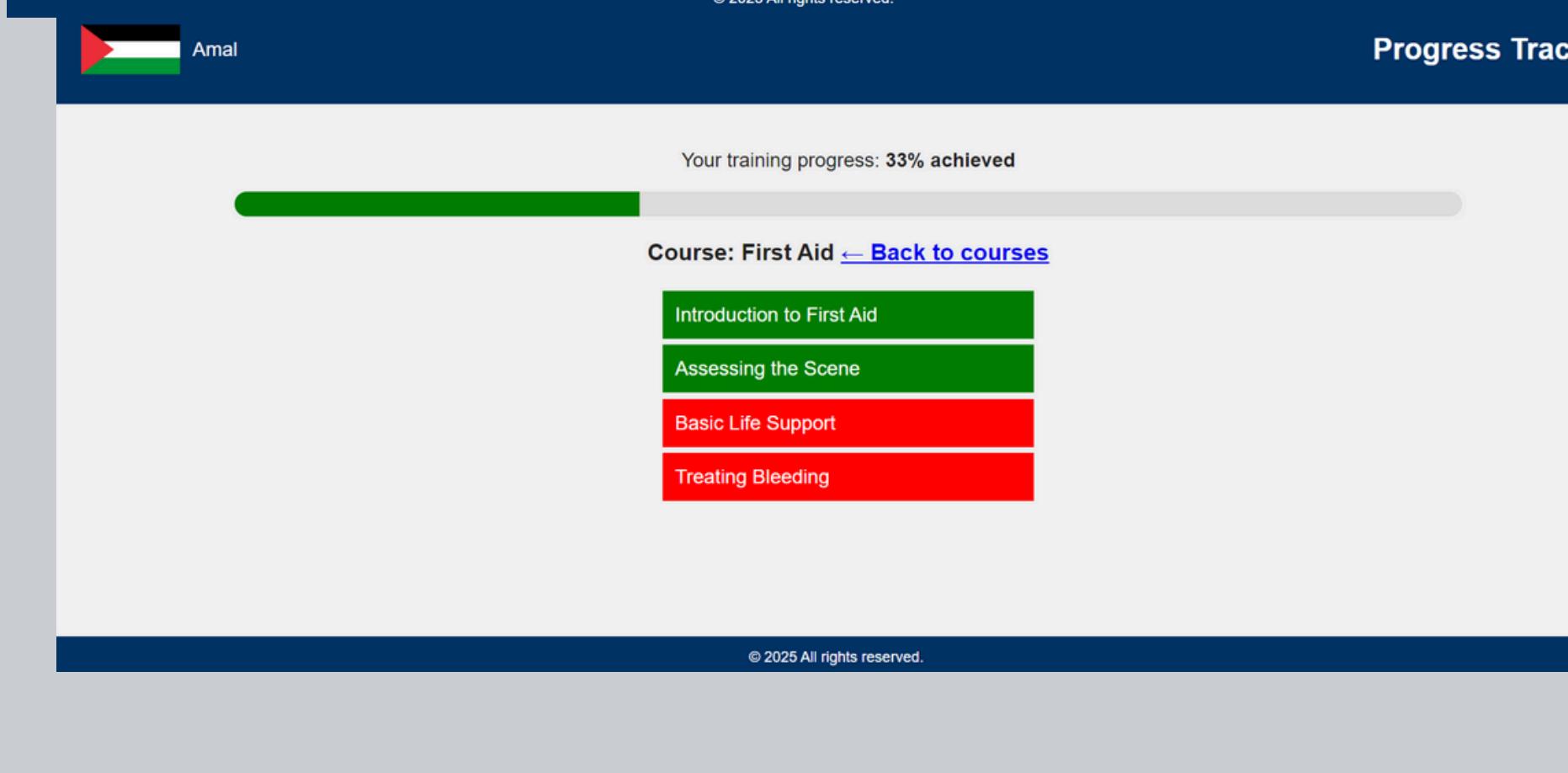
Security and Evacuation
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Mental Health and Trauma Support
Provide psychological first aid and long-term support for affected individuals and communities.

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Progress Tracker

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Course: First Aid [← Back to courses](#)

Introduction to First Aid

Assessing the Scene

Basic Life Support

Treating Bleeding

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English

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