



PHYSICAL TRAINING SYLLABUS

Dami Aviation Lanka (PVT) LTD

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Airline Cabin Crew Physical Training Programme Syllabus

Location: Jayathilake Ground, Nawalapitiya

Training Duration: 2 Days

Day 1:

Session 1 : Fire and Rescue Training

- Instructor: Mr. Chaminda Nuragodage
- Duration: 3 hours
 - Theory: 2 hours
 - Basics of fire safety
 - Understanding the fire triangle
 - Classes of fire
 - Fire prevention techniques
 - Fire safety equipment and checks
 - Practical: 1 hour
 - Fire extinguisher use
 - Fire evacuation drills
 - Hands-on rescue operations

Session 2 : Basic First Aid Training

- Instructor: Dr. Sandaruwan Liyanage
- Duration: 2 hours
- Content:
 - Principles of first aid and the role of a first aider
 - Basic first aid kit components
 - Emergency response steps
 - Treating burns, wounds, and shock
 - Managing diabetes, choking, and epilepsy
 - Responding to food allergy reactions

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 - o Responding to food allergy reactions
 - o Stroke and heart attack procedures
 - o Performing CPR
 - o Handling injured and unconscious persons
 - o Managing nose bleeding
 - o Placing someone in the recovery position

Session3: Make-up and Grooming

- o Instructor: Miss. Sithara Dilrukshi
- o Duration: 1.5 hours
- o Content:
 - o Importance of professional appearance
 - o Make-up application techniques
 - o Dress code and uniform standards
 - o Grooming standards for hair and nails
 - o Personal hygiene best practices

Day 2:

Session1 : Physical Fitness Programme

- o Instructor: Mr. Lahiru Dilshan
- o Duration: 1.5 hours
- o Content:
 - o Importance of physical fitness for cabin crew
 - o Overview of dietary requirements and BMI
 - o Exercise routines to maintain fitness
 - o Practical exercise session
 - o Stretching and flexibility exercises
 - o Endurance training and cardiovascular health

Session2 : Basic Water Survival Training

- o Instructor: Mr. Mahesh Gunarathna
- o Duration: 3 hours
- o Content:
 - o Introduction to water survival
 - o Safety procedures and equipment
 - o Survival swimming techniques
 - o Use of flotation devices
 - o Emergency signalling in water
 - o Group drills and individual practice

Additional Information:

Training Goals:

- Equip participants with essential survival skills in water
- Provide comprehensive fire safety and rescue training
- Enhance professional appearance through grooming and makeup training
- Impart basic first aid knowledge and skills
- Promote physical fitness and wellbeing

Materials Needed:

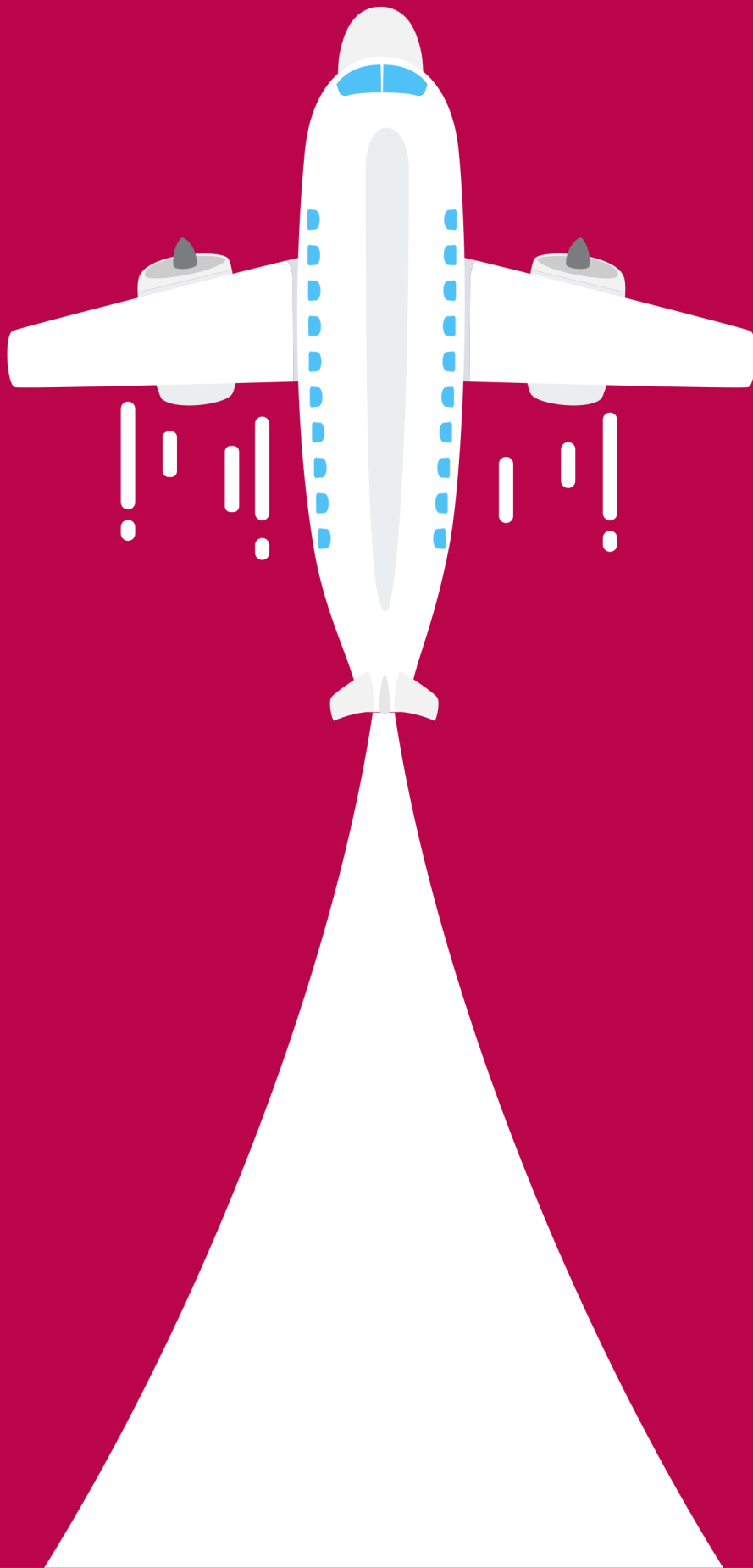
- Swimming attire and towels for water survival training
- Fire extinguishers and rescue equipment for fire training
- Makeup kits and grooming tools
- First aid kits and training dummies for CPR practice
- Exercise mats and fitness gear

Evaluation:

- Participants will be evaluated based on their practical performance in each session.
- A certificate of completion will be awarded to those who successfully complete the training programme.

Requirements:

- Participants should wear comfortable clothing suitable for physical activity.
- All necessary equipment for practical sessions will be provided.
- Participants are encouraged to bring a water bottle and stay hydrated.



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