



Consulting and Training | Reach New Heights

Course Name

Corporate Medical Health Training

Sector Name

Health, Safety and Environment

Document Type

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Corporate Medical Health Training

Course Introduction

Corporate health awareness is no longer optional — it is a critical component of organizational performance, employee well-being, and long-term sustainability. A healthy workforce directly impacts productivity, engagement, and overall business resilience.

Corporate Medical Health Training is developed by Boost Consulting and Training as part of its commitment to enhancing workplace performance through practical, structured, and impact-driven programs. This course is designed to equip organizations and professionals with essential medical and health awareness knowledge tailored specifically for corporate environments.

The program focuses on practical health education, preventive awareness, workplace-related medical considerations, and structured response approaches that support safer, healthier, and more resilient organizations.

Rather than being purely theoretical, the training emphasizes real-world application, awareness, and proactive health management within corporate settings.

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Corporate Medical Health Training

Target Audience

- ✓ **Office staff and administrative employees**
- ✓ **Team leaders and supervisors**
- ✓ **Front-line employees in non-clinical roles**

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Learning Objectives

- ✓ Understand key health considerations within corporate environments
- ✓ Recognize common workplace-related medical risks
- ✓ Identify early warning signs of common medical conditions
- ✓ Respond appropriately to basic medical emergencies
- ✓ Promote preventive health practices within their teams
- ✓ Contribute to building a safer and healthier workplace culture

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Corporate Medical Health Training

Course Outline

✓ DAY 01

Workplace Health Foundations

- ✓ The importance of employee health in organizational performance
- ✓ The connection between well-being, productivity, and engagement
- ✓ Common health challenges in corporate environments
- ✓ Physical and environmental risks in office settings
- ✓ Sedentary lifestyle risks and prolonged sitting
- ✓ Ergonomics, posture, and musculoskeletal health
- ✓ Establishing healthier daily workplace habits

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Corporate Medical Health Training

Course Outline

✓ Day 02

Common Medical Conditions in the Workplace

- ✓ Awareness of high blood pressure, diabetes, and cardiovascular risks
- ✓ Recognizing early symptoms and warning signs
- ✓ Supporting employees with ongoing medical conditions
- ✓ Infection prevention within office environments
- ✓ Hygiene standards and preventive practices
- ✓ Workplace response protocols during illness outbreaks

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Course Outline

✓ Day 03

Emergency Response & First Aid Awareness

- ✓ Responding to fainting and sudden dizziness
- ✓ Managing chest pain and breathing difficulties
- ✓ Handling choking incidents safely
- ✓ Addressing minor injuries and bleeding
- ✓ Initial medical situation assessment
- ✓ When and how to contact emergency services
- ✓ Basic CPR awareness (conceptual overview)
- ✓ Preparing the workplace for emergency response readiness

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Course Outline

✓ Day 04

Mental Health & Employee Well-being

- ✓ Understanding workplace stress and its impact
- ✓ Identifying early signs of burnout
- ✓ Practical stress management strategies
- ✓ Promoting psychological safety in the workplace
- ✓ Leadership's role in supporting mental health
- ✓ Encouraging sustainable work-life balance practices

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Course Outline

✓ Day 05

Prevention, Policy & Sustainable Health Practices

- ✓ Designing workplace health awareness initiatives
- ✓ The value of regular screenings and preventive check-ups
- ✓ Encouraging healthy lifestyle choices among employees
- ✓ Developing clear workplace health policies
- ✓ Defining roles and responsibilities in medical situations
- ✓ Creating a structured corporate health response plan
- ✓ Practical steps for implementation and continuous improvement

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Corporate Medical Health Training

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Dec. 28, 2026	Jan. 1, 2027	5 days	4250.00 \$	UAE , Dubai
Aug. 29, 2027	Sept. 2, 2027	5 days	4250.00 \$	Egypt , Cairo
July 11, 2027	July 15, 2027	5 days	4250.00 \$	Oman , Muscat

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