



Course Objective:

This course is designed to meet the requirements for workplace first aid as part of emergency response. It uses up-to-date, realistic, hands-on-training, which will help develop the confidence level of participants with their new skills. This will allow participants to apply their knowledge and respond promptly, safely and effectively in dealing with illnesses or injuries, and in any emergency event.

Training Content & Highlighted Features:

Session 1: Introduction & Bleeding

✚ Introduction

- Definition & Aims of First Aid
- Monitoring Vital Signs
- *(Level of response, Pulse rate & Breathing rate)*
- Action at an Emergency
- Telephoning for help
- First-Aid Box
- Casualty Handling

✚ Wounds & Bleeding

- Minor Bleeding
- Severe Bleeding
- Amputation
- Nosebleed

Session 2: CPR & AED

- + Chain of Survivals
- + Common cause of Death
- + Unconscious (*DRSABCD*)
- + Cardio-Pulmonary Resuscitation (*Adult CPR*)
- + Recovery Position
- + Automated External Defibrillator (AED)

Session 3: Choking, Burns & Fracture

- + **Choking**
 - Adult
 - Child
 - Infant
- + **Burns**
 - Burns
 - Degree of Burn
 - Treatment
- + **Fracture**
 - Arm & Leg

Session 4: Medical Emergencies & Soft Tissue Injury

- + **Medical Emergencies**
 - Heart Attack
 - Fainting
 - Asthma
 - Shock
 - Anaphylaxis
- + **Soft Tissue Injury**
 - Strain
 - Sprain
 - Cramp

Training Provider and Instructors/Trainers

We as Training Provider and all our instructors/ trainers have the relevant recognition and certification from

1. Pembangunan Sumber Manusia Berhad (**PSMB**)
2. Human Resources Development Corporation (**HRDCorp**)

The course will be conducted **by fully qualified and experience instructors**. Practical techniques will be prioritized and individual attention provided. All instructors have more than Fifteen (15) years relevant training experience.

Training Equipment and Relevant Materials

Training equipment and relevant materials will be provided to ensure all participants have sufficient opportunity to have hands on training. Special mannequins in Adult and Baby sizes are made available for more specific simulation exercises and better hands on experience.

