

Basic Occupational First Aid & CPR Training

Course Duration: 2-day; Instructor-led

Time Schedule: 9am-5pm

Lunch: 1:00pm- 2:00pm

Morning Tea-break: 10:30am-10:45am

Afternoon Tea-break: 3:30pm -3:45pm

INTRODUCTION

The 2-day Basic Occupational First Aid & CPR Training Course is customized to train the average workers or layperson to become a qualified First Aider. The participants will be taught basic life support skill such as CPR & Choking and other first aid related topics such as bleeding & wounds, burn & scald, fracture & spinal injuries. The program consists of theory presentation, practical sessions and life-like simulation (casualty make-up) to equip the participants not only knowledge, but also the skill to handle various emergencies.

OBJECTIVES

The Objective of Basic Occupational First Aid & CPR Training Course is to increase the awareness of workplace safety in all company by educating a proper first aid knowledge to all the workers in the company.

TRAINING OUTCOME

- Perform Basic Life Support Skill such as CPR & Choking.
- Understand the importance of Automated External Defibrillator (AED) to increase survival rate.
- Render First Aid Management for various injuries such as bleeding, burn, shock, fracture, and spinal injuries.
- Understand systematic approach to survey & diagnose patient.
- Become a Qualified First Aider & comply with legal provision: Occupational Safety & Health Act 1994.

TARGET AUDIENCE

Managers & all employees

HIGHLIGHT & LIFE LIKE MOCKDRILL

After going through all the theory sessions, participants will be exposed to a few lifelike simulation drill. Based on the emergency scenario given, participants would have to response to the scenario by accessing the scene, diagnose the patient & perform medical aid to those simulated casualty.

They will have the opportunity to handle complicated emergencies, experience “panic” and finally get to know the strength and weaknesses of oneself.

METHODOLOGY

Theory Session

- Dynamic & Highly Engaging Presentation
- Interactive and Fun
- Engaging audio-visual aids; real scene photographs, video clips, multimedia presentation

Practical session

- Hands-on experience
- Participant centered
- Mock-drill session
- Experiential Learning
- Scenario based Learning

KEY CONTENTS

Day 1

Module 1: Introduction to First Aid

- First Aid Definition
- First Aid Objective
- Vital Sign
- Secondary Survey
- Personal Protective Equipment

Module 2: Cardio Pulmonary Resuscitation

- Common Causes of Sudden Death
- Basic Life Support Emergencies
- Importance of CPR
- DR S ABCD

Module 3: Choking

- Mild & Serious Choking

Module 4: Injuries Emergencies

- Types of wounds
- Control Bleedings
- Nose Bleeding
- Bone, Joint, and Muscle Injuries

Day 2

Module 5: Sudden Illness

- Asthma
- Heart Attack
- Fainting
- Shock

Module 6: Emergency Rescues & Moves

- Emergency Rescues
- Making Calls
- First Aid Kits
- Methods

Module 7: Assessment/ Examination

- Skills Test & Paper Test

Module 8: Mock Exercise & Wrap Up