

1 Day Course

# First Aid, CPR & AED Training

HRDCorp Claimable



HRDCorp SBL-Khas Course No: **10001307008**

## Training Objectives

This 1 day First Aid, CPR & AED Training is customized to train an individual to become a qualified First Aider. The participants shall be taught on basic life support skill such as CPR & Choking and other first aid related topics such as bleeding & wounds, burn & scald, fracture & spinal injuries.

This program is ideal for services and manufacturing industries staffs that need to learn the first aid and health education needs. This program can help the workplace in meeting health and safety standards and how to better response to risks, emergencies related to ill health and an industrial accident which may happen anywhere and at any time.

In general, this course can help your staffs :

- 1) Become a qualified First Aider (after passed the test).
- 2) Understands the role of First Aider in securing the spinal injury casualty.
- 3) Demonstrate ability to use advanced equipment.

## Intended Audience

Safety Officers, OSH Practitioners, Safety Committee Members, First Aiders, Security staffs, ERT Members, Human Resources staffs and other staffs that related to First Aider.

## Methodologies

Lectures, Slides Presentation, Video Presentation, Demonstrations, Case Studies, Mock Drills.

## **Modules & Program**

### **Day 1**

#### **Module 1 Introduction to First Aid & Health Education**

- Unit 1 Why First Aid & Health Education are important to staffs?
- Unit 2 The Aims of First Aid & Health Education
- Unit 3 Risks, Hazards and Incident Management
- Unit 4 Food Safety & Infection Control

#### **Module 2 The Unconscious Victim**

- Unit 1 The Primary Survey
- Unit 2 The Recovery Position
- Unit 3 Introduction to CPR & AeD
- Unit 4 The Chain of Survival
- Unit 5 Performing Adult CPR & AeD
- Unit 6 Common CPR & AeD Mistakes

#### **Module 3 Bleeding and Shock**

- Unit 1 Chemical Safety & The Circulatory System
- Unit 2 Dealing With Major Bleeding and Fractures
- Unit 3 Epilepsy & Choking
- Unit 4 Shock & Electrical Hazards
- Unit 5 Minor Bleeding Wounds and Puncture Wounds

#### **Module 4 Burns, Scalds and Covid-19 Disinfection**

- Unit 1 Classification of Burns / Chemical Re-action
- Unit 2 Treatment of Snake Bitten
- Unit 3 Covid-19 Disinfection Activities in Organization
- Unit 4 Q & A, Written Test

# 1 Day Course

## First Aid, CPR & AED Training

### Test & Practical Assessment

All trainees are requested to undergo the theory and practical test which comprises of multiple-choice questions, skills evaluation and mock drill.

### Certification & Validity

Having completed and passes the theoretical test and practical skills assessment, all participants will be awarded with Certificate of Attendance and Certification Card. This certificate is valid for three (3) years.

## TENTATIF PROGRAMME

### 1 DAY FIRST AID, CPR & AED TRAINING

DATE	TIME	ACTIVITIES	ACTION BY
DAY 1	8.50 – 8.55 AM	Registration	<i>Optional</i>
	8.55 – 9.00 AM	Temperature Checking (if required)	<i>Optional</i>
	9.00 – 10.15 AM	<b>Module 1</b>	<i>Trainer</i>
	10.15 – 10.30 AM	Morning Tea Break	
	10.30 – 12.00 PM	<b>Module 2</b>	<i>Trainer</i>
	12.00 – 1.00 PM	<b>Module 3</b>	<i>Trainer</i>
	1.00 – 2.15 PM	Lunch Break	
	2.15 – 2.45 PM	Module 3 (Continue)	<i>Trainer</i>
	2.45 – 4.00 PM	<b>Module 4</b>	<i>Trainer</i>
	4.00 – 4.15 PM	Afternoon Tea Break	
	4.15 – 5.00 PM	<i>Assessment</i>	All participants
	5.00 – 5.15 PM	Closing Talk.	Trainer and all participants

# About The Trainers



## Trainer Background 1

**Mr. Noorazli bin Mustapa (IC No. 740322-10-5053) TTT HRDCorp Exempted**, is an Assistant Professor of the Faculty of Allied Health Sciences. His highest education is a Master in Education (Sociology Education) from Universiti Pendidikan Sultan Idris. He has in-depth experiences in conducting training on Health Life Programme such as Basic Life Support and a facilitator in Disaster and Relief Medicine workshop.

Prior to this, he is a trainer in Ministry of Health before he left the Government. He received Certification from American Heart Association conducted by Universiti Kebangsaan Malaysia. He is also a registered Medical Assistant under Ministry of Health in 1997.



**Working Experiences** : EMERGENCY Dept. - Hospital Sultanah Aminah Johor, Hospital Yan, Kedah. Hospital Kuala Kubu Bharu, Selangor, Lecturer for Medical Assistant College, Ministry of Health and Pusrawi International College of Medical Sciences. **Technical Skills** : AHA (American Heart Association) Instructor, Trainer For Paramedic Services (Australia), Member Of Disaster Relief Medicine (CUCMS), Lead Instructor CPR And First Aid (CUCMS) American Heart Association.

# About The Trainers

## Trainer Background 2

**Madam Norfaizah binti Mustapa (IC No. 650416-08-6210) TTT HRDCorp Exempted**, is a retired Trainer under Kementerian Kesihatan Malaysia (KKM). She possess Master in Educational Psychology from Universiti Pendidikan Sultan Idris (UPSI), Degree in Nursing Nortumbria University United Kingdom and Diploma in Nursing, Nursing College. Melaka.



### Working Experiences

Madam Norfaizah is registered under Malaysia Nursing Board (RN 25107). She has in depth experienced in conducting training in First Aid, CPR and AED Course, health Life Support Program and Emergency Life Support Program.

**Working with Kementerian Kesihatan Malaysia from 1991 to 2019 until retired.** She has been appointed as an Internal Nursing Lecturer for 2009 to 2019.

The summary of her hospitals attachment are as per below:

1991-1992 - Hospital Terengganu

1993-1999 - Hospital K.Lumpur

2000-2003 - Hospital Selayang

2002-2009 - Hospital Labuan

2009-2019 - Nursing Lecturer for KKM

# Fees & Registration

## Course Fees - Public Training ( 1 Day Course )

**RM 380.00** per participant (Venue at UNISEL, Shah Alam. Selangor)

Fees includes Food and Refreshment, Training Materials, Certificate of Attendance and PVC Training Certification Card valid for 3 (Three) Years. The fees are Claimable under HRDCorp Skim Bantuan Latihan Khas (**SBL-Khas**).

## Course Fees - In House Training ( 1 Day Course )

**RM 3,400.00** for a group of 10 to 30 participants (Area: Peninsular Malaysia)

Fees includes the Training Materials, Certificate of Attendance and PVC Training Certification Card valid for 3 (Three) Years. The fees are Claimable under HRDCorp Skim Bantuan Latihan Khas (**SBL-Khas**).

## Registration

Please Call us at 03-6038.58.38 or Email the Registration Form below to :  
**eddy@penyedia latihan.com**

### REGISTRATION FORM

Dear Mr. Eddy, please register as per below :

Subject : First Aid, CPR & AED Training

HRDCorp SBL Khas Course Registered No: **10001307008**

Requested Date : .....

Company Name : .....

Company Address : .....

.....

.....

.....

HR Contact Person : .....

HR Contact Number : ..... Email .....

## PUBLIC TRAINING PROGRAM

*Fees : All the fees below inclusive of SST, Certificates etc. for companies in Peninsular Malaysia.*

### OSH Coordinator Course (3 Days)

RM 660 per participant (Selangor, KL & other states)

Click for TTV



Click here to Request Quotation

### Safety and Health Committee Training (1 Day)

RM 700 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

### HIRARC & OSHA (Amendment) Act 2022 (2 Days)

RM 1200 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

### Forklift Skills, Safety & Daily Maintenance (1 Day)

RM 380 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

### First Aid, CPR & AED Training (1 Day)

RM 380 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

### Emergency Res. Team / Fire Fighting (1 Day)

RM 480 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

## Professional Certificate

### Forklift Train The Trainer (3 Days)

RM 3,798 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

## Professional Certificate

### Reach Truck Train The Trainer (3 Days)

RM 3,798 per participant (UNISEL, Shah Alam)



Click here to Request Module & Quotation

Contact Eddy : 03-6038.58.58, 013.512.7777

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## IN-HOUSE TRAINING PROGRAM ( Venue: at your own premise )

*Fees : All the fees below inclusive of SST, Certificates etc. for companies in Peninsular Malaysia.*

Click for TTV

### OSH Coordinator Course (3 Days)

RM 12,800 for 10 to 30 Staffs (at your premise)



[Click here to Request Module & Quotation](#)

### Safety and Health Committee Training (1 Day)

RM 3,400 for 30 participants (at your premise)



[Click here to Request Module & Quotation](#)

### HIRARC & OSHA (Amendment) Act 2022 (2 Days)

RM 6,800 for 30 participants (at your premise)



[Click here to Request Module & Quotation](#)

### Forklift Skills, Safety & Daily Maintenance (1 Day)

RM 3,400 for 30 participants (at your premise)



[Click here to Request Module & Quotation](#)

### First Aid, CPR & AED Training (1 Day)

RM 3,400 for 30 participants (at your premise)



[Click here to Request Module & Quotation](#)

### Emergency Res. Team / Fire Fighting (1 Day)

RM 3,400 for 30 participants (at your premise)



[Click here to Request Module & Quotation](#)

### Overhead Travelling Crane (1 Day)

RM 3,400 for 30 participants (at your premise)



[Click here to Request Module & Quotation](#)

### Ergonomic & Manual Handling in Workplace (1 Day)

RM 3,400 for 30 participants (at your premise)

[Click here to Request Module & Quotation](#)

Contact Eddy : 03-6038.58.58, 013.512.7777

Email: eddy@penyediaatihan.com , admin@penyediaatihan.com

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