

First Aid, CPR & AED Training

1 Day Course



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.

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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 Dealing with Choking and Epilepsy
- Unit 4 Stroke, Shock & Electrical Hazards
- Unit 5 Minor Bleeding Wounds and Puncture Wounds

Module 4 Burns, Scalds and Others

- Unit 1 Classification of Burns / Chemical Re-action
- Unit 2 Treatment of Snake Bitten
- Unit 3 Q & A, Written Test

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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. This certificate is valid for three (3) years.

TENTATIF PROGRAMME

DATE	TIME	ACTIVITIES	ACTION BY
DAY 1	8.30 – 8.45 AM	Registration	<i>Optional</i>
	8.45 – 9.00 AM	Temperature Checking	<i>Optional</i>
	9.00 – 10.15 AM	Module 1	<i>Trainer</i>
	10.15 – 10.30 AM	Morning Tea Break	
	10.30 – 12.00 PM	Module 2	<i>Trainer</i>
	12.00 – 1.00 PM	Module 3	<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	Module 4	<i>Trainer</i>
	4.00 – 4.15 PM	Afternoon Tea Break	
	4.15 – 5.00 PM	Assessment / Q&A	All participants
	5.00 – 5.15 PM	Closing Talk.	Trainer and all participants

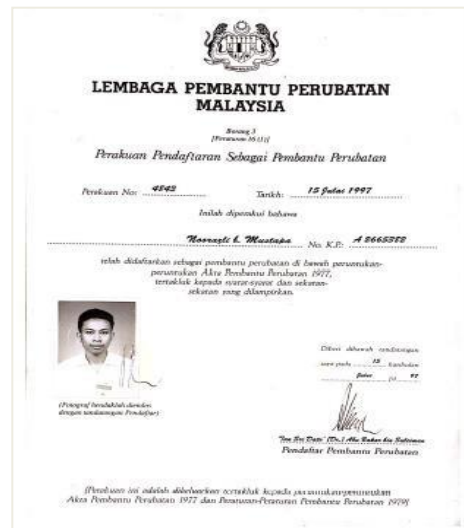
About The Trainers



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. **DOSH Registration** : Ergonomic Trained Person (ETP 2197 DOSH).

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

Training Collaboration

