

OCCUPATIONAL FIRST AID & CPR

INTRODUCTION

Mishandling of any accident may cause adverse effect. Proper emergency action must be taken to restore the situation without delay and to avoid from becoming worst. Having a group of trained personnel in first aid and CPR is vital in any organization to save life at least before the arrival of proper medical assistance. This program will prepare organization to have a well-trained first aid team to respond to any medical emergency.

OBJECTIVES

Upon successful completion of the course the participants will be able to:

- Understand the importance of emergency management in workplace.
- Recognize the different types of medical emergency.
- Respond readily to any emergency at workplace.
- Assist in emergency preparedness and response team.

METHODOLOGY

Explanation, Demonstration and Practical Exercise.

TARGET GROUP

All Staff

DURATION

The duration of this program is 2 days, 9.00 am – 5.00 pm.

LANGUAGE MEDIUM

The presentation will be conducted in Bahasa Malaysia.

CERTIFICATION

Certificate of Attendance will be presented to all participants at the end of the course.

COURSE OUTLINE

Module 1: Introduction

- The Aims and Objectives of First Aid
- First Aiders Roles in an Emergency Situation
- How to Call an Ambulance/ Hospital

Module 2: Loss of Consciousness

- Cause of Loss of Consciousness
- Checking for Airway/ Breathing/ Circulation
- Techniques for Opening Airway/ Mouth-To-Mouth Breathing/ Checking Carotid Pulse
- Managing Head Injuries, Shock, Asphyxiation & Gas Poisoning

- The Recovery Position

Module 3: Wounds and Bleeding

- Types of Wounds and Bleeding
- Methods of Controlling Bleeding

Module 4: Burns and Scalds

- Causes & Management

Module 5: Fractures

- Type of Fractures
- Signs & Symptoms
- Immobilizing
- Practical Use of Splints

Module 6: Spinal Injuries

- Signs & Symptoms
- The Do's and Don'ts
- LOG ROLL Stretcher Loading/ Lifting
- Bandaging

Module 7: Introduction to CPR

- Aims of CPR
- When CPR Is Needed
- Causes of Sudden Death
- Practical CPR

Module 8: Casualty Evaluation

- The principles of Casualty Handling.
- Difficulties/ Problem/ Hazards
- Casualty Re- Assurance
- Methods of Handling and Transporting.
 - a) One rescuer
 - b) Two rescuer
- Use of Stretchers

PROGRAM ITINERARY ON OCCUPATIONAL FIRST AID & CPR

DAY ONE (1)

| TIME | TOPIC |
|-------------|---|
| 0900 - 1030 | Ice Breaking Module 1: Introduction <ul style="list-style-type: none">➤ The Aims and Objectives of First Aid➤ First Aiders Roles in an Emergency Situation➤ How to call an Ambulance/ Hospital |
| 1030 - 1045 | Tea Break |
| 1045 - 1300 | Module 2: Loss of Consciousness <ul style="list-style-type: none">➤ Cause of Loss of Consciousness➤ Checking for Airway/ Breathing/ Circulation➤ Techniques For Opening Airway/ Mouth-To-Mouth Breathing/ Checking Carotid Pulse➤ Managing Head Injuries, Shock, Asphyxiation & Gas Poisoning➤ The Recovery Position |
| 1300 - 1400 | Lunch / Zohor |
| 1400 - 1530 | Module 3: Wounds and Bleeding <ul style="list-style-type: none">➤ Types of Wounds and Bleeding➤ Methods of Controlling Bleeding |
| 1530 - 1545 | Tea Break |
| 1545 - 1700 | Module 4: Burns and Scalds <ul style="list-style-type: none">➤ Causes & Management |

DAY TWO (2)

| TIME | TOPIC |
|-------------|--|
| 0900 - 1030 | Module 5: Fractures <ul style="list-style-type: none">➤ Type of Fractures➤ Signs & Symptoms➤ Immobilizing➤ Practical Use of Splints |
| 1030 - 1045 | Tea Break |
| 1045 - 1300 | Module 6: Spinal Injuries <ul style="list-style-type: none">➤ Signs & Symptoms➤ The Do's and Don'ts➤ LOG ROLL Stretcher Loading / Lifting➤ Bandaging |
| 1300 - 1400 | Lunch / Zohor |
| 1400 - 1530 | Module 7: Introduction to CPR <ul style="list-style-type: none">➤ Aims of CPR➤ When CPR is Needed➤ Causes of Sudden Death➤ Practical CPR |
| 1530 - 1545 | Tea Break |
| 1545 - 1700 | Module 8: Casualty Evaluation <ul style="list-style-type: none">➤ The principles of Casualty handling➤ Difficulties/ Problem/ Hazards➤ Casualty Re-Assurance➤ Methods of Handling And Transporting<ul style="list-style-type: none">a) One Rescuerb) Two Rescuer➤ Use Of Stretchers Review Closing Ceremony |