Certified First Aider Workshop

Available under HRDF Industry Certification Scheme (INDCERT) subject to Terms and Conditions

INDCERT Approved

Pay ONLY RM399*

For a 2-day Industry Recognised Program**

(In-house Training can be arranged upon request)

ITS MANAGEMENT SDN BHD

No 47-2, Jalan PPM 8, Plaza Pandan Malim Business Park, 75250 Melaka

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INTRODUCTION

The course is designed to provide participants with the knowledge and skills necessary for being competent in providing help and care to the ill and injured in the case of an emergency at their workplace until proper medical help is attained. Upon successful completion of the program & assessment, a 3-Year Validity of Competency Certificate will be issued to the participants.

OBJECTIVES

After completing this course, participants will learn the following skills:

- To recognize emergencies and take actions
- To Perform CPR on adults (workers)
- To minimize the effects of shock
- To perform first aid for cuts, scrapes, bruises, burns, bleeding, sprains, and strains
- To treat sudden illnesses, including poisonings and heat and cold emergencies

COURSE CONTENT

Day 1

Lesson 1: What Is First Aid

- Defining of first aid, the purpose of first aid
- First aider responsibility
- Assessing the situation and casualty
- Principle of diagnosis: signs and symptom, history
- Examine conscious and unconscious casualty
- Principles and priorities of treatment

Lesson 2: Disorders of the Circulatory system – Wounds & Bleeding

- Types of bleeding & body's reaction
- How to control bleeding
- Definition and classification of wounds
- Management of slight bleeding

Lesson 3: Simple Bandages

- How to fold a triangular bandage, general rules for applying a bandage
- Reef knot – purpose and how to tie
- Arm slings – large arm sling and triangular/elevation sling
- Simple bandages – scalp bandage, palm of hand, foot
- Wound with foreign body – use of crescent pad
- Roller bandages – simple spiral, figure of 8 – elbow, knee, hand and foot
- Practical Exercise

Lesson 4: Fracture

- Definition and causes
- Type of fracture
- General sign and symptoms
- General rules for management of fracture

Lesson 5: Cardiopulmonary Resuscitation (CPR)

- Interrelationship between brain, hear and lungs
- Urgency of resuscitation
- CPR – position of hand, depth of compression, rate.
- When and how long to perform CPR
- Practical Exercise: Cardiopulmonary Resuscitation (CPR) Skill

Day 2

Lesson 6: First Aid Kit & First Aid Equipment

- General first aid kit
- General first aid equipment

Lesson 7: Lifting & Handling of Casualty

- Knowledge – principles of lifting, factors which influence the decision to move
- Single person – cradle, human crutch, pick a back, drag method.
- 2 person – 2 hand seat, 3 hand seat, 4 hand seat, carrying chair
- Stretcher – preparation of stretcher, loading casualty.

Oral, Written & Practical Assessment on First Aid & CPR

Remarks:

* Fee (inclusive of training material, valid certification, meals & 6% Service Tax) is approved and subsidised under INDCERT (Full program fee: RM798) and is direct debited from your HRDF (No upfront payment is required).

** 3-year Validity of Competency Certificate