

Course Title: First Aid, CPR & AED Training

a) Objective

The objective of this course is to provide knowledge and skills in providing help and care to the ill and injured in the case of emergency at their workplace.

b) Who Should Attend?

The course is designed for industrial and commercial Emergency Response Team (ERT) leaders and members; also, for interested individuals.

c) Program Schedule

First Aid and CPR (2-day programmed)

Day 1

0900	Introduction to First Aid <ul style="list-style-type: none"> ◆ First Aid Priority ◆ First Aider's Responsibilities ◆ Call for Help
0930	Action at Emergencies <ul style="list-style-type: none"> ◆ Initial Assessment (DRSABC) ◆ Calling 999 ◆ MERS999 system Casualty Assessment <ul style="list-style-type: none"> ◆ Secondary Assessment
1030	Tea Break
1100	Cardiopulmonary Resuscitation (CPR) <ul style="list-style-type: none"> ◆ Principles of Resuscitation ◆ One Rescuer CPR ◆ Chain of Survival ◆ When to stop CPR
1145	CPR Practice

1230	Lunch
1330	Breathing Difficulties <ul style="list-style-type: none">◆ Asphyxia – Signs & Symptoms◆ Managing Patient Having Difficulty in Breath◆ Choking◆ Heimlich Maneuvour & Chest Thrust
1430	Medical Emergencies <ul style="list-style-type: none">◆ Stroke◆ Heart Attack◆ Epilepsy
1530	Tea Break
1600	Unconsciousness <ul style="list-style-type: none">◆ The common causes of unconsciousness
1630	Recovery Position
1700	Wrap Up Day-1



Day 2

0900	Recall Day-1
0915	<p>Managing and Bandaging Injuries</p> <ul style="list-style-type: none"> ◆ How to manage bleeding ◆ Injuries ◆ Type & Symptom of Wound & Bleeding ◆ Shock (Definition, Sign & Sympton) ◆ Dressings and Bandages ◆ Types of Bandages
1030	Tea Break
1100	<p>Fractures</p> <ul style="list-style-type: none"> ◆ How to manage fractures <p>Spinal Injuries</p> <ul style="list-style-type: none"> ◆ How to manage potential spinal injuries <p>Soft Tissues</p> <ul style="list-style-type: none"> ◆ RICE
1230	Lunch
1330	<p>Burns</p> <ul style="list-style-type: none"> ◆ Burns and scalds
1430	<p>Transportation</p> <ul style="list-style-type: none"> ◆ Manual handling ◆ Equipment ◆ First Aid Kit
1515	Q&A
1530	Tea Break
1600	Knowledge Test
1730	Course Wrap Up