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## **FIRST AID TRAINING FOR FIRST AIDERS**

**Duration: 1 day In-House Training for Galaxy Aerospace (M) Sdn Bhd**

Time: 9.00am – 5.00pm

Break: 10.15am – 10.30am / 3.15pm – 3.30pm

Lunch: 1.00pm – 2.00pm

### **How Will You Benefit**

Upon completion of this programme, the participants will be able to:

- Perform the Necessary Actions to Be Taken During an Emergency
- Understand and Describe Human Body Blood Circulation and Respiratory System
- Understand, Describe and Manage Burns, Scald, Dislocation and Injuries
- Understand, Describe and Manage Wounds Bleeding, Dressing and Bandages
- Understand, Describe and Perform Cardio Pulmonary Resuscitation

### **Who Should Attend**

This course is suitable for safety and health executives, safety and health supervisors, safety and health officers, and personnel involve in workplace safety and health matters

### **Key Contents**

#### **Module 1: Scope of First Aid**

- Qualities of A Good First Aider
- Primary Survey – ABC
- Secondary Survey – Head to Toe Examination
- Diagnostic Signs of a Victim

#### **Module 2: Circulation System**

- Structure of the Heart
- Mechanism of Circulation
- Blood Vessels

#### **Module 3: Respiratory System**

- Components of the System
- Mechanism of Respiration

#### **Module 4: Burns, Scald, Dislocation and Injuries**

- Types, Degree & Causes
- Signs & Symptoms
- Injuries to Joint – Sprain / Strain
- Managing Burns, Scald, Dislocation and Injuries

#### **Module 5: Wounds Bleeding**

- Types and Causes
- Bleeding from Special Regions – Ear / Nose, etc.
- Managing Wounds Bleeding

**Module 6: Dressing & Bandages**

- Types of Dressing and Bandages
- Usage of Dressing and Bandages
- Improvisation

**Module 7: Cardio Pulmonary Resuscitation – One Rescuer**

- Prudent heart living
- Signals of heart attack
- Actions for survival
- Practical training

**Module 8: Foreign Body Airway Obstruction Management**

- Conscious
- Conscious becomes unconscious
- Unconscious
- Video presentation
- Practical training

**Methodology**

This course will be delivered using interactive lectures, case studies, video presentation, individual and group discussion, and hands-on practical exercise.