

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

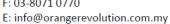
- Components of the System
- Mechanism of Respiration

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



REVOLUTION 2P-02-11, Zest Point, Lebuhraya Bukit Jalil BK 9, 47180 Puchong, Selangor

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.