

# BASIC OCCUPATIONAL FIRST AID, CPR & AED

**DATE:** 4-5 June / 15-16 October 2025  
17-18 March 2026  
**FEE:** RM 830

**DURATION:** 2 Days  
**HRD CORP SCHEME:**  
HRD Corp Claimable Courses

## PROGRAM OVERVIEW

The 2 days 'Basic Occupational First AID, CPR & AED' training course is customized to train employees to become a qualified First Aider. The participants will be taught on basic life support skill such as CPR & Choking and other first aid related topics such as bleeding & wounds, burn & scald, fracture & spinal injuries. The program consists of theory presentation, practical session to equip the participants not only knowledge, but also the skill to handle various emergencies.

### LEARNING OUTCOMES

Upon completion of this program, participants will be able to:

- To equip the participants with the necessary skills and knowledge to handle medical emergencies in an Office / Factory environment
- To have the latest updates / know how to perform Resuscitation procedures for victims of Cardiac and Respiratory arrests
- To enable participants to competently and confidently deal with both major and minor injuries

### METHODOLOGY

- Course will be conducted in form of class activity, video clips, case study, practical

### WHO SHOULD ATTEND

- Mid/Senior Level Manager
- First Level Manager
- Executive/Supervisory
- Non-Executive

## FACILITATOR

### Devendraraj A/L Krisnan

Mr. Devendraraj is a Medical Officer with over 15 years of professional experience in Government and Privates hospitals. He has acquired the instructor certification from Resuscitation Council of Asia and has vast experience in emergency response, crisis and disaster management and casualty handling. As part of his continuous improvement to serve his participants better, he has actively attended numerous professionals' health and safety conventions, symposiums and training's held throughout the country organized by Government agencies and other professional bodies to equip himself with knowledge and skills in this fields.

## PROGRAM CONTENT

### Module 1

#### Scope of First Aid

- Objective of First Aid
- Primary and Secondary Survey
- Scene survey and Danger Assessment
- First Aid Guidelines, Acts / Legal Provisions on First Aid facilities and First Aid box contents and it's uses

### Module 2

#### Respiratory System

- Anatomy, functions of Lungs & How the Lungs work
- Breathing process (Mechanism of breathing)
- Composition of Air and Breathing rate
- Respiratory Diseases and Emergency Management

### Module 3

#### Circulatory system

- Anatomy and Physiology of the Heart
- Types of Circulation, Nerve Impulse and Blood Pressure
- Types of Blood Vessels and characteristics
- Blood and contents & Coronary Artery Diseases
- Prudent Heart Living - A Healthy Lifestyle
- Risk Factors and Signals of Heart Attack
- Stroke and Emergency Management

### Module 4

#### Wounds / Bleeding and Management

- Types and Classification of Bleeding
- Causes of Nose Bleeding and Management
- Open and Close wound Management
- Bandaging techniques for: -  
-Wounds, Head injury & Eye injury  
-Traumatic amputation & Impaled foreign object

### Module 5

#### Shock, Fainting and Unconscious

- Definition, causes of Shock & Types of Shock
- Signs and Symptoms and Management of Shock
- Fainting / Unconscious Management

### Module 6

#### Burns and Scalds

- Causes, Types and Degrees of Severity
- Treatment using Principles of 3 Cs - Cool, Cover & Carry
- Emergency Treatment for Chemical Burns

### Module 7

#### Foreign Body Airway Obstruction

- Determination of Partial or Complete Airway Obstruction
- Universal Sign of Airway Obstruction
- Heimlich Manoeuvre in a Conscious / Unconscious Victim
- Management of Choking in Infant, Child and Adult
- Management of Airway Obstruction in a Pregnant Woman or Obese Victim

### Module 8

#### Fractures and Splinting Techniques

#### Simple closed fracture and a more serious open fracture

- Types of Fractures and their Causes
- Signs and Symptom
- Immobilisation and Splinting of :  
- Upper Limbs and Collar Bone Fractures  
- Lower Limbs Fractures  
- Fractures Involving Joints
- Injuries to Joints / Muscles and Management

### Module 9

#### Lifting and Transportation

- Application of Cervical Collars
- Log Roll Stretcher Technique
- All types of carry and lifting Techniques
- Stretcher Carry and loading victim into Ambulance

### Module 10

#### Cardio Pulmonary Resuscitation

- What is CPR / Why and When perform CPR ?
- Clinical and Biological Deaths
- Causes of Sudden Death
- What is Heart Attack & What is Sudden Cardiac Arrest ?
- Chain of Survival
- The DRABC & DRCAB Principles of CPR
- Hands only CPR / Usage of AED
- Procedure for administering an AED / Defibrillation PADS
- AED precaution you have to consider / AED Safety
- EMERGENCY ACTION PLAN
- DANGER (Hazards, Risk, Safety) / Response / Send for help
- Compressions / Airway / Breathing / DEFIBRILLATION
- WHEN TO STOP CPR ?

### Module 11

#### Injuries Simulation And Mock Drills

- Role Play and Team Work in an Emergency
- Mock Simulations
- Post Mortems
- Written Test
- Evaluation / Question and Answer session



## PROGRAM SCHEDULE

### Day 1

9:00am - 10:30am	:	Module 1 & 2
10:30am - 10:45am	:	Coffee Break
10:45am - 1:00pm	:	Module 3
1:00pm - 2:00pm	:	Lunch
2:00pm - 3:30pm	:	Module 4 & 5
3:30pm - 3:45pm	:	Coffee Break
3:45pm - 5:30pm	:	Module 6 & 7
		<b>End of the day</b>

### Day 2

9:00am - 10:30am	:	Module 8
10:30am - 10:45am	:	Coffee Break
10:45am - 1:00pm	:	Module 9
1:00pm - 2:00pm	:	Lunch
2:00pm - 3:30pm	:	Module 10
3:30pm - 3:45pm	:	Coffee Break
3:45pm - 5:30pm	:	Module 11
		<b>End of the day</b>

