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# COMPREHENSIVE WORKPLACE FIRST AID CPR, AED & STRETCHER DRILL TRAINING PROGRAM

## OVERVIEW

This course is to train individuals to become a qualified First Aider. It is very essential to know basic life support skill such as CPR & Choking and other related topics such as bleeding & wounds, burn & scald, fracture & spinal injuries. The Occupational First Aid with CPR+AED Course is designed to increase awareness of possible accidents, identify accidents with casualties and optimise health and performance at the workplace. This course certificate fulfils the first aid certification requirement under the Workplace Safety Health Act.

## COURSE OBJECTIVES

On completion of this program, participants should be able to:

- ✓ Become a First Aider in the workplace
- ✓ Provide first aid treatment for injuries and illness
- ✓ Demonstrate basic life support skills while waiting the arrival of emergency services
- ✓ Comply with DOSH Regulations and Guidelines
- ✓ Make a safe and systematic assessment of a casualty at the scene of an accident
- ✓ Assess the scene of accident and identify resources or equipment required
- ✓ Make a head to toe assessment of the casualty
- ✓ Treat any life threatening injuries (i.e. hemorrhage)
- ✓ Maintain a safe environment for the casualty



**FIRST AID**



**CPR**



**AED**



**STRETCHER**



## DURATION

- ✓ 2 days
- ✓ Weekday or Weekend Classes Available

## COURSE FEE

- ✓ RM2,600.00 per pax
- ✓ HRDF Contributors 50% Sponsored by HRDF, Balance Course Fee will be Deducted from Employer's HRD Levy.

## COURSE CONTENT:

- ✓ Introduction and scope of first aid in the workplace
- ✓ Guidance to First Aid in the workplace
- ✓ OSH in the Workplace
- ✓ Assessment, Accident, Scene Management
- ✓ Circulation, Wounds and Bleeding Bandaging and Dressing
- ✓ Respiration, Asphyxia and introduction to - Cardio-pulmonary Resuscitation (CPR & Chocking).
- ✓ Cardiopulmonary Resuscitation Skills (CPR Skills) - theory, video, practical training.
- ✓ Unconsciousness
- ✓ Trauma Management
- ✓ Fractures, Sprains, Strains and Dislocations
- ✓ Burns and Scalds, Chemicals/Poisons, Electrical
- ✓ Shock
- ✓ Medical Emergencies, Crush and Spinal Injuries
- ✓ Patient Transport, Complete Stretcher Drill
- ✓ Automated External Defibrillator (AED) & First Aid Equipment
- ✓ First Aid Simulation

## LEARNING OUTCOME:

By the end of the training the attendees will be able to:

- ✓ Define their role as an emergency first aider.
- ✓ Describe how to minimise risks to themselves and others.
- ✓ Identify the need of establishing consent to provide first aid.
- ✓ Complete an accident report form.
- ✓ Identify first aid equipment that should be available in the workplace.
- ✓ Describe the safe use of first aid equipment.
- ✓ Conduct a scene survey, a primary casualty assessment and call for help.
- ✓ Assess a casualty's level of consciousness, open a casualty's airway and check breathing.
- ✓ Explain the importance of the recovery position.
- ✓ Demonstrate how to place an unresponsive casualty in the recovery position.
- ✓ Manage a casualty who is having a seizure.
- ✓ Recognise the need to commence Cardio Pulmonary Resuscitation (CPR).
- ✓ Demonstrate how to administer Cardio Pulmonary Resuscitation (CPR) using a manikin.
- ✓ Describe how to identify and treat a choking casualty with a partially and completely blocked airway.
- ✓ Identify types of external bleeding and how to control bleeding.
- ✓ Recognise shock and how to manage a casualty who is in shock.
- ✓ Administer first aid to casualties with cuts, grazes, bruises, minor burns, scalds and small splinters.
- ✓ Use Automated External Defibrillator (AED) on adults.



### Some of our satisfied clients are:

Aerodarat, Agility, Air Products, Airod, Aker Solutions, Akzo Nobel, Amsteel, Ancom, Ann Joo, APM, Armstrong, Avery Dennison, BBraun, Bahrui Stainless, Baker Hughes, BAT, BNM, Bauer, Blue Scope, Boston Scientific, Bradken, British High Comm., BSG, Carsem, China Const. Co., CCM, Celestica, Cement Industries, Cenviro, Citylink, Daikin, Dell, DHL, Dialog, Digi, DRB-Hicom, Dutch Lady, EEW, Elektrisola, Entegris, ETOPS, Eurocare, Federal Fujikura, Federal Express Services, FELDA, Fibertex, Flextronics, Fonterra, Gardenia, Gas Malaysia, GD Express, GE, Genesis Curis, German Automotive Lighting, Giant, Gold Coin, Govt. Hospitals, Halliburton, Hartalega, Hitachi, Hume Cement, IUM, IUM, IKEA, IOI, Istana Budaya, Isuzu, JB Cocoa, Johnson, Johor Port, Keller, Kerthi Airport, KLCC, Kobe, Kontena Nasional, K&N, Lafarge-Holcim, Laubros, Liebherr, Linocraft, Lotte-Titan, Macfood, Malakoff, Malaya Glass, MAB, MML, Mammoet, MAPA Gloves, MASKargo, Maxis, MBF Printers, MISC, MMC-Gamuda, MMHE, Mondri, Monier, Motorola, MRCB, Muda Paper, Mudajaya, Mydin, Nestle, Nilai Medical, NITTSU, Northport, NPK Fertilizer, Orica, Panasonic, Percetakan Nasional, Perodua, PETRONAS, Philip Morris, PLUS, PROTON, PTP, Red Crescent, Samsung, Sapura, Sarawak Timber, Segi, Senai Airport, SGL, Shell, Shimano, Shin-Etsu, Shopee, Sime Darby, St John, Sumitomo, SunPower, Sunway, TCIM, Technip-FMC, Teleflex, TNB, TNT Express, TESCO, TNLS, Top Glove, Trans Elite, Tune Insurance, Tung Shin, UAC, UKM, UMP, Unisteel, UPB, UPM, V.S., Venture, Vesuvius, Volvo, Vopak, Watson, WCT, WD, World Kitchen

### ★ Winner of 9 International & Local Awards

MOF Registration #357-02124992  
5 I-Ray Eyes Technique Patent Owner  
5 Star Rating Training Provider of HRDF  
Training Provider: FELDA/ NESTLE /PETRONAS /SHELL  
Training Partner: ABM, HRDF (M), FedUni (Aust), API (USA)  
Training, Curriculum & Content Developer: HRDF, DSD, CIDB  
The Malaysia Book of Records 2019 Winner (with APM)

### ★ Behavior-Based Safety (BBS) Operations Training

Forklift / Reach Truck / PP Stacker / VNA  
Reach Stacker / ECL / Excavator Crawler / Telehandler  
MEWP (Scissors Lift / Boom Lift / Vertical Lift / Sky Lift)  
OTC, Lorry Crane, Rigger, Signaller, Lifting Supervisor & Planner  
Defensive Driving: Ambulance / Fire Eng. / Car / Bus / Van / Lorry  
Crane & Plant Inspection, LOLER, PUWER, LOTO, SS+



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**THE ISO GROUP**  
(operated by In-Source Options Sdn Bhd)

35, Jalan Serendah 26/39, Kawasan Perindustrian Hicom,  
Seksyen 26, 40400 Shah Alam, Selangor, Malaysia.

Tel: 03-5103 4687 Fax: 03-9235 1167

Email: frank@isogroup.com.my / franktan88@gmail.com

Website: www.isogroup.com.my FB: The ISO Group

**CONTACT US:**

**Lt. Colonel Frank Tan**  
**018-7719266**