

Introduction to First Aid and CPR

(English & Bahasa Malaysia)

for All level of employees



20 August 2014 (8.30 am – 5.30 pm), Sunway Hotel Seberang Jaya

When someone becomes ill or injured, there is usually a short period of time before you can get professional medical assistance. It is that length of time that is most critical to the victim. What you do, or don't do during that period of time can make the difference between life and death. By attending this first aid and CPR training, you can have a major impact to the successful outcome of a medical emergency.

Learning Objectives/Outcomes	100% SBL claimable
<ul style="list-style-type: none"> ✓ To perform First Aid and CPR at the workplace ✓ To respond to emergencies safely ✓ To recognize, assess and support the most common emergencies until professional help arrives 	<p>Normal Fee: RM400 per participant</p> <p>Register by <u>06 Aug 2014</u>, or Group of 2 or 3 Participants: 10% Discount Group of 4 or 5: 15% Discount</p> <p><i>Certificates issued by MRCS National Headquarters if pass all Tests (≥50%)</i></p>

Program Outline

<p>Scope Of First Aid</p> <ul style="list-style-type: none"> • Definition of the term 'First Aid' • The First Aider – roles & responsibilities • Emergency Action Principles • Understanding the Chain Of Survival <p>Wounds & Bleeding</p> <ul style="list-style-type: none"> • Definition and Classification (Open & Closed) • Signs & systems of wounds • Types of bleeding • General Management of wounds (All Infected Wounds and with Foreign Bodies) • Chest and abdominal Injuries • Management of Bleeding • Bleeding from Special Regions - Ear, Nose etc. 	<p>Burn & Scalds</p> <ul style="list-style-type: none"> • Description & Definition • Types & Causes • Understanding the Rules of Nine • Signs & Symptoms - Management <p>Fractures & Dislocation/Sport Injuries</p> <ul style="list-style-type: none"> • Definition And Types Of Fractures - Simple (Closed), Compound (Open) • Signs & Symptoms For A Fracture Or Dislocation • Management - Spinal Fracture Injuries To Joints & Soft Tissues • Common Sporting Injuries - Strain, Sprain, Cramp & Exhaustion <p>Asphyxia</p> <ul style="list-style-type: none"> • Definition • Types of airway blockages • Signs & Symptoms • Management of airway 	<p>Cardio Pulmonary Resuscitation (CPR)</p> <ul style="list-style-type: none"> • Basic Life Support • Understanding emergency airway management • Technical Aspects of One Person Rescue • Foreign Body Airway Obstruction (Adult, Child & Infant) • How to perform CPR • Understanding Emergencies Requiring Resuscitation <ul style="list-style-type: none"> • heart attack • dousing • stroke • suffocation • electrocution • poisoning <p>Shock</p> <ul style="list-style-type: none"> • Description and Definition • Types & Causes of shock • Signs & Symptoms - Management
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The Trainer

Panel Trainer from MRCS, Mr Khor Lai Kim is currently Malaysian Red Crescent Society Instructor. He is MRCS Penang branch training committee and also Seberang Perai Selatan Chapter Committee. He obtained Diploma in Mechanical Engineering. His Red Crescent qualifications include Basic First Aid Certificate, Health Education Certificate, Education In Red Cross/Red Crescent & International Humanitarian Law Certificate, Disaster Relief & Rescue Operation Certificate, Administration & Management Certificate, Teaching Methodology Certificate, Advance First Aid Certificate, Basic Life Support Certificate and Basic Ambulance Care Certificate. He has served MRCS since 1997 and conducted First Aid and CPR training programs for many organisations.

For Registration Form, Contact Miss Ng or download from www.XcelLearn.com

Customised In-house training also available.

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“Excel in Learning for Superb People and Organisation Performance”

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REGISTRATION FORM

	Name of Participant(s)	I/C No	Designation	Vegetarian(✓)
1.				
2.				
3.				
4.				
5.				

Company Name _____

Company Address _____

Contact Person _____

Designation _____

Tel _____

Fax _____

Email _____

Nature of Business _____

Enclosed is the Cheque (No: _____) of RM _____, crossed and made payable to **XcelLearn Resources (Public Bank Bhd A/C No: 3-1348468-09)**.

Do you need us to assist you on the booking of hotel accommodation?

Yes

No

If yes, please specify:

Check-in Date _____

Check-Out Date _____

* The hotel accommodation is subject to availability. Please re-confirm with the coordinator before the training and make payment directly to the hotel on the training day.

Terms & Conditions

1. The above registration fee is 100% claimable under SBL scheme. Please apply to PSMB for approval before the commencement of the program.
2. The fee is inclusive of training materials and meals (2 Tea Breaks and 1 Lunch) at the hotel.
3. If notice of withdrawal is given in writing before the confirmation of your registration, no fee is charged. No cancellation is allowed once confirmation letter is forwarded to you. If the registered participant is unable to attend, a substitute is allowed. No refund if participant does not turn up or being substituted on the training day.
4. Cheque should be crossed & made payable to **XcelLearn Resources 1 WEEK BEFORE** training.
5. **XcelLearn Resources** has the right to change the dates, time, venue, trainer or cancel the training scheduled due to circumstances beyond its control.

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