



## ADVANCED FIRST AID, CPR & AED TRAINING



MTBM Group Sdn. Bhd. (1600656-M)

Level 8, MCT Tower, Sky Park, One City, Jalan USJ 25/1, 47650 Subang Jaya, Selangor

**Course Title:** Advanced First Aid, CPR & AED Training

**Course Validity:** 2 Days

**Validity:** 3 Years

**HRD Corp Scheme:** Claimable

## **INTRODUCTION**

This 2-day training program provides participants with advanced knowledge and hands-on skills to handle a wide range of medical emergencies. It builds on basic first aid principles, focusing on advanced life-saving techniques, CPR for adults, children, and infants, and the effective use of Automated External Defibrillators (AEDs). This course is ideal for individuals in high-risk industries or those looking to deepen their emergency response skills.

## **OBJECTIVE(S):**

- Understand advanced principles of first aid, CPR, and AED usage.
- Assess and manage various types of medical emergencies effectively.
- Perform advanced CPR techniques for adults, children, and infants.
- Recognize and respond to life-threatening injuries and illnesses.
- Build confidence in applying advanced first aid techniques in real-life situations.

## **TARGET GROUP(S):**

- Safety and health officers.
- First responders and emergency personnel.
- Teachers, coaches, and caregivers.
- Employees in high-risk industries such as construction, manufacturing, and oil & gas.

**ENTRY REQUIREMENT(S):**

- Able to read, write, and communicate verbally in Malay/English.
- Complete the Basic First Aid, CPR & AED Training

**TOPIC(S):**

1. Advanced Principles of First Aid and Emergency Response.
2. Advanced CPR for Adults, Children, and Infants.
3. Using Automated External Defibrillators (AED) Effectively.
4. Managing Life-Threatening Injuries and Illnesses.
5. Advanced Techniques for Fractures, Burns, and Bleeding Control.
6. Role-Playing Scenarios for Workplace and Environmental Emergencies.

**LIST OF REFERENCE BOOK(S):**

- American Heart Association (AHA) Guidelines for CPR and ECC.
- Advanced First Aid and Emergency Response Manuals.

**LIST OF TEACHING AID(S):**

- CPR manikins & AED training devices for adults, children, and infants.
- First aid kits and supplies for advanced techniques.
- LCD projector and computer & whiteboard with accessories.

**METHODOLOGY(S):**

- Lecture.
- Hands-on practice with advanced first aid and CPR techniques.
- Role-playing and simulation of emergencies.
- Group discussions and practical scenario assessments.

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## TRAINING SCHEDULE

### Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 10:30 am	Topic 1: Advanced Principles of First Aid and Emergency Response
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 2: Advanced CPR for Adults, Children, and Infants
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 3: Using Automated External Defibrillators (AED) Effectively
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Practical Session: CPR and AED Techniques

## TRAINING SCHEDULE

### Day 2

Time	Activity/Topic
8:30 am - 9:00 am	Recap of Day 1
9:00 am - 10:30 am	Topic 4: Managing Life-Threatening Injuries and Illnesses
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 5: Advanced Techniques for Fractures, Burns, and Bleeding Control
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 6: Role-Playing Scenarios for Workplace and Environmental Emergencies
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Practical Session: Simulation of Real-Life Emergency Situations