



## **BASIC OCCUPATIONAL 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:** Basic Occupational First Aid, CPR & AED Training

**Course Validity:** 2 Day

**Validity:** 3 Year

**HRD Corp Scheme:** Claimable

## **INTRODUCTION**

This comprehensive training program equips participants with the essential skills and knowledge required to respond to medical emergencies in the workplace. The course covers first aid fundamentals, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) usage. Through theoretical and practical sessions, participants will gain confidence in providing timely interventions that can save lives and reduce injury severity.

## **OBJECTIVE(S):**

- Understand the principles of first aid and emergency response.
- Learn how to assess and manage common workplace injuries and medical emergencies.
- Perform effective CPR and use an AED safely.
- Develop confidence and competence in providing first aid care.
- Comply with workplace safety regulations and promote a culture of health and safety.

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

- Employees in various industries.
- Occupational safety and health personnel.
- First responders.
- Individuals seeking personal development in first aid skills.

**ENTRY REQUIREMENT(S):**

- Able to read, write, and communicate verbally in Malay/English.

**TOPIC(S):**

1. Introduction to First Aid and Emergency Response.
2. Managing Unconscious Casualties.
3. Respiratory and Circulatory Emergencies.
4. Basic Wound Care and Bleeding Control.
5. Musculoskeletal and Other Workplace Injuries.
6. CPR and AED Techniques.

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

- Occupational Safety and Health Act 1994 (OSHA).
- Guidelines for First Aid in the Workplace (DOSH).

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

- LCD projector.
- Computer.
- Whiteboard with accessories.
- CPR mannequins and AED training devices.

**METHODOLOGY(S):**

- Lecture.
- Group discussions.
- Practical demonstrations and hands-on practice.
- Scenario-based emergency simulations.

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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: Introduction to First Aid and Emergency Response
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 2: Managing Unconscious Casualties
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 3: Respiratory and Circulatory Emergencies
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Group Discussion: Responding to Workplace Emergencies

## 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: Basic Wound Care and Bleeding Control
10:30 am - 10:45 am	<b>Morning Tea Break</b>
10:45 am - 12:30 pm	Topic 5: Musculoskeletal and Other Workplace Injuries
12:30 pm - 1:30 pm	<b>Lunch Break</b>
1:30 pm - 3:30 pm	Topic 6: CPR and AED Techniques
3:30 pm - 3:45 pm	<b>Afternoon Tea Break</b>
3:45 pm - 5:00 pm	Practical Assessment and Feedback