



BASIC LIFE SUPPORT (BLS) 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 Life Support (BLS) Training

Course Validity: 1 Day

Validity: 2 Years

HRD Corp Scheme: Claimable

INTRODUCTION

This training program equips participants with the essential knowledge and skills to perform Basic Life Support (BLS) in emergencies. Participants will learn how to recognize life-threatening situations, provide high-quality CPR, use an Automated External Defibrillator (AED), and manage choking incidents effectively.

OBJECTIVE(S):

- Understand the principles and importance of Basic Life Support.
- Learn and practice high-quality CPR techniques for adults, children, and infants.
- Understand the proper use of an Automated External Defibrillator (AED).
- Recognize and respond to choking emergencies.
- Build confidence to respond effectively in life-threatening situations.

TARGET GROUP(S):

- First responders and emergency personnel.
- Healthcare providers and support staff.
- Office workers, safety officers, and the general public.
- Anyone interested in learning life-saving techniques.

ENTRY REQUIREMENT(S):

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

TOPIC(S):

1. Introduction to Basic Life Support and Its Importance.
2. Chain of Survival and Scene Safety.
3. High-Quality CPR for Adults, Children, and Infants.
4. Automated External Defibrillator (AED) Use.
5. Managing Choking Emergencies.

LIST OF REFERENCE BOOK(S):

- American Heart Association (AHA) Guidelines for CPR and ECC.
- Malaysian Resuscitation Guidelines

LIST OF TEACHING AID(S):

- CPR manikins for adults, children, and infants.
- AED training devices.
- LCD projector and computer.
- Whiteboard with accessories.

METHODOLOGY(S):

- Lecture.
- Hands-on practice with CPR manikins and AED trainers.
- Role-playing and simulations.

TRAINING SCHEDULE

Day 1

Time	Activity/Topic
8:30 am - 9:00 am	Registration and Introduction
9:00 am - 9:45 am	Topic 1: Introduction to Basic Life Support and Its Importance
9:45 am - 10:30 am	Topic 2: Chain of Survival and Scene Safety
10:30 am - 10:45 am	Morning Tea Break
10:45 am - 11:30 am	Topic 3: High-Quality CPR for Adults, Children, and Infants
11:30 am - 12:30 pm	Topic 4: Automated External Defibrillator (AED) Use
12:30 pm - 1:30 pm	Lunch Break
1:30 pm - 2:30 pm	Topic 5: Managing Choking Emergencies
2:30 pm - 3:30 pm	Practical Session: CPR, AED, and Choking Management
3:30 pm - 3:45 pm	Afternoon Tea Break
3:45 pm - 5:00 pm	Practical Assessment and Feedback