



# First Aid & CPR



## Overview

The 2-day First Aid & CPR course aims to provide knowledge and skills to enable workers help and care the ill and injured in the case of emergency at their work place.

Participants will learn basic lifesaving skills that are required to be a qualified First Aider.

## Course Objective

At the end of this 2-day training, participants should be able to:

- Describe the roles of First Aiders.
- Identify the need and provide CPR for Sudden Cardiac Arrest.
- Identify the need and provide Bleeding Control.
- Assess patient using appropriate approach.

## Targeted Group

- The course is designed for OSH practitioners, safety personnel, Emergency Response Team (ERT) leaders and members; and interested individuals. The course accepts no more than 20 participants in order to maintain the standard for practical sessions.

## Programme

- First Aid and CPR 2-day programme covers the content required by Guidelines on First Aid in the Workplace (2nd ed) 2004, published by DOSH.
- The training will be delivered with dynamic and engaging presentations, case studies, hands-on practice, and role-play.

## Assessment

- Participants will be assessed both theory and practical competencies. There will be a knowledge test at the end of the 2-day session, and skills are assessed during practice.

# Course Schedule

## Day 1

Time	Details	Activity
8.30am-9.00am	Registration & Breakfast	
9.00am-9.30am	<b>Course Introduction</b>	A short introduction by the trainer on the basics of First Aid
9.30am-10.15am	<b>Action at Emergencies</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• DRSABC</li> <li>• Calling 999</li> <li>• MERS999 system</li> </ul>
10.15am-10.45am	Morning Tea Break	
10.45am-11.45am	<b>Cardio Pulmonary Resuscitation</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• Who needs CPR?</li> </ul>
11.45am-12.45pm	<b>CPR Practice</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• CPR Exercise</li> </ul>
12.45pm-1.45pm	<b>Lunch</b>	
1.45pm-2.45pm	<b>Asphyxia</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• Difficult Breathing</li> <li>• Choking</li> </ul>
2.45pm-3.30pm	<b>Managing and Bandaging Injuries</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• How to manage bleeding</li> </ul>
3.30pm-4.00pm	Afternoon Tea Break	
4.00pm-5.00pm	<b>Fractures &amp; Spinal Injuries</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• How to manage fractures</li> <li>• How to manage potential spinal injuries</li> </ul>

# Course Schedule

## Day 2

Time	Details	Activity
8.30am-9.00am	Registration & Breakfast	
9.00am-9.30am	<b>Recap of Day 1</b>	A short recap of what we've learned in day 1.
9.30am-10.30am	<b>Medical Emergencies</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• Stroke</li> <li>• Heart Attack</li> </ul>
10.30am-10.45am	Morning Tea Break	
10.45am-12.00am	<b>Medical Emergencies</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• Hypoglycaemia</li> <li>• Epilepsy</li> </ul>
12.00am-12.45pm	<b>Managing Unconscious Patients</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• The common causes of unconsciousness</li> <li>• Recovery Position</li> </ul>
12.45pm-1.45pm	<b>Lunch</b>	
1.45pm-2.15pm	<b>Burns</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• Burns and scalds</li> </ul>
2.15pm-3.45pm	<b>Transportation</b>	<b>Learning + Debrief:</b> <ul style="list-style-type: none"> <li>• Manual handling</li> <li>• Equipment</li> </ul>
3.45pm-4.15pm	Afternoon Tea Break	
4.15pm-5.00pm	<b>Knowledge Test</b>	A short assessment is given to test what you've learned
5.00pm	<b>Wrap-Up</b>	

## About Elite Indigo

Elite Indigo Consulting provides corporate training to the semiconductor and manufacturing industries. With a humble beginning of one founding member with passion and desire to share his 20 years of experiences in Smart Manufacturing for global manufacturing facilities, now, we have a strong and competent team of 20 members, all aligned with company mission, vision and core values.

## Our Mission

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*"Transform Data into Insights - Leap Forward"*

## Our Vision

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*Be a Global Trusted Advisor in the Areas of Skills Development, Consultancy & Software Solutions specialising in Semiconductor & Manufacturing industries.*

## Our Core Values

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