INTRODUCTION
Prevention is still one of the best methods against accidents at the workplace. However, even the best preventive efforts sometime fail and it is therefore prudent to prepare for such eventualities. It has been shown that proper initial handling of the accident victims contributes significantly to the final outcome and often determines if a life could be saved. This programme will impart the basic practical knowledge of First Aid and it includes a session on cardiopulmonary resuscitation (CPR).

OBJECTIVES
At the end of the programme, participants will be able to:
- be aware of the importance of proper safety procedures and principles of a healthy lifestyle;
- understand basic first aid principles and its procedures;
- identify common injuries at the workplace and how to deal with these injuries; and
- possess life-saving and life-sustaining skills.

CONTENTS
Wound and Bleeding
- Definition
- Types of wounds and types of bleeding
- Signs and symptoms
- Basic principles of wound and bleeding management
- Practical: Types of dressing and bandages

Musculoskeletal Injuries
- Definition
- Types of fracture
- Signs and symptoms of fracture and joint injuries
- Management of fracture and joint injuries
- Practical: Splints and splinting techniques

Burn Injuries
- Definition
- Severity of burns
- Basic principles of burn management
- Practical: Burns dressing

Shock
- Definition
- Causes of shock
- Signs and symptoms of shock
- Management of shock

Basic Life Support
- Introduction
- Video presentation of CPR and choking techniques
- Demonstration
- Practical: Hands-on CPR session and Heimlich Maneuver

Patient Transport
- Types of lifting and dragging
- Practical: Lifting and dragging techniques
- Practical: Hands-on CPR

WHO SHOULD ATTEND
This programme is specially designed for all the Management Staff, Supervisors, Production Workers and especially those in high risk category at workplace.

Trainer Profile:
EN. MAD SUBHI AHMAD was a certified instructor from Malaysia Red Crescent since 2004 until now. He has also attended and obtained various certificates in professional course among them are Certificate in Basic and Advanced First Aid and CPR Course, Basic Trauma Life Support, First Aid and CPR Instructor course, Basic Trauma Care, First Responder Life Support Course, Disaster Management Course, Teaching Methodology Course, Health Education Course, Train The Trainer programme from PSMB and various others. He has also participated in numerous exercises at national, state, and local levels involving various organizations.

He served as Senior Ambulances Medical Assistants at Malaysia Red Crescent more than 10 years experiences. His vast experience and unlimited knowledge in the field of medical emergencies, traumatology and life support has enabled him to manage and conduct numerous healthcare programmes and courses for various group of participant among which are the Petronas, Tenaga Nasional Berhad, Malaysia Airport Berhad, Jabatan Pertahanan Awam, Dewan Bandaraya K. L, MALAKOF, TESCO, Jabatan Perdana Menteri, NIOSH, DOSH, Pusat Rawatan Islam (PUSRAWI), Pusat Sains Negara, Bouthead, Prolintas, TIME DOT COM, PLUS, UNITEN, ILSAS and various others. With a proven class track record, a wide circle of people from various types of industries and category of job and organizations have benefited from his excellence skillful presentations. Course participants praise his dynamic presentation style as well as his ability to make the course participants to actively involve in the course to get results. In HR Medic Team Management Services he is become a trainer for Occupational Emergency First Aid & Cardiopulmonary Resuscitation (CPR) programme.
ADMINISTRATIVE DETAILS

Date : 19 November 2015  
Time : 9.00 am – 5.00 pm  
Venue : FMM Kedah Perlis, Sg Petani  
Fees : RM500.00 (Members);  
RM600.00 (Non-Members)  

(All fees are inclusive of course materials, lunch, cert and refreshments.)  
** The fees are subject to 6% GST  

Attendance is by prior registration only. Registration form must be completed and returned to FMM Institute by 12 November 2015 with correct payment by cheque made in favour of “FMM INSTITUTE” and crossed “Account Payee Only”. Payment by cash is acceptable during the day of registration. Registration is on first-come-first-served basis.

ENQUIRIES & REGISTRATION  
Contact: Meeza/ Zai  
FMM Institute Kedah/Perlis Branch,  
No.2, Lorong BLM 1/4, Bandar Laguna Merbok  
08000 Sungai Petani, Kedah  
Tel: 04-4403628 / 4403273  
Fax: 04-4426876  
E-mail: meeza@fmm.org.my / rozainiza@fmm.org.my

CANCELLATION & REFUND

- No refund for cancellation within 2 days prior to the programme  
- 50% refund for cancellation between 3-6 days  
- Full refund for cancellation 7 days prior to the programme  
- Registered participants who do not turn up will be charged accordingly  
- No additional cost for replacement  
- Cancellation must be made in writing

OCCUPATIONAL FIRST AID SKILLS & CPR

9:00 am to 5:00pm  
19 November 2015 (Thursday)  
FMM Kedah Perlis, Sg Petani

REGISTRATION FORM

To : FMM Institute (Attn: Meeza / Zai) Fax: 04-4426876

Please register the following participants:

1. Name & Designation : ____________________________________________

2. Name & Designation : ____________________________________________

3. Name & Designation : ____________________________________________

4. Name & Designation : ____________________________________________

(Please attach separate list if space is insufficient)

Submitted by : ____________________________________________  
Designation : ____________________________________________

Company : ____________________________________________

Tel : _______________________________  
Fax : _______________________________

Address : ____________________________________________

Email : ____________________________________________  
Membership No.: ____________________________________________