



OCCUPATIONAL FIRST AID SKILLS AND CPR

1 October 25 & 26, 2021 (Monday & Tuesday) 8.45am – 5.00pm FMM Institute, Perak

Prevention is still one of the best methods against accidents at the workplace. However, even the best preventive efforts sometimes fail and it is therefore prudent to prepare for such eventualities. It has been shown that proper initial handling of the accident victims by the First Aider contributes significantly to the final outcome and often determines if a life could be saved.

.... COURSE 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

SHOCK

- Definition
- Causes of Shock
- Signs and Symptoms of Shock
- Management of Shock

BASIC LIFE SUPPORT

- Introduction
- Video Presentation of CPR and Choking Technique
- 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

THEORY AND PRACTICAL EXAMINATION

.... TRAINER....

MR. ALBERT QUAH currently is the Secretary cum Instructor of Malaysian Red Crescent Society (MRCS) Perak and MRCS Perak's Disaster and Emergency Chairman. He holds a Diploma in Electronics and Electrical Engineering from Nanyang Institute of Electronics, KL, Wilayah Persekutuan and has been with the MRCS since 2004. His responsibilities at MRCS include managing Training activities, conducting First Aid Training and the day-to-day administration functions of MRCS in Perak.

MR. ALBERT has trained many participants in the 'One House One First Aider' programme and has assisted and managed aid and support during Natural Disasters in Perak for the last 10 years. He has professional qualifications from MRCS in the fields of First Aid Skills, Rescue Operation and Natural Disasters, Advance First Aid, Training Methodology, Administration, Management, and CPR. In the past, he has conducted First Aid courses for companies such as GSL Water, Sancora Paints, Tiarco Chemicals, Murata Electronics, Scientex, Finisar, Tor Minerals, Boral Plasterboard, Voith Paper Fabrics, Sg Kerang Development and many others.

.... OBJECTIVES....

Upon completion of the course, 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.

... 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.

For further details, please contact
Ms Nicole / Ms Divya / Pn Eda / Ms Harvindar
☎ (05) 548 8660 📠 (05) 548 8221 ✉ fmmperak@fmm.org.my

.... CERTIFICATION....

- **INTRODUCTION TO FIRST AID & CPR CERTIFICATE** issued by PBSM will be awarded to participants who achieve 75% attendance of the programme and pass both the Theory and Practical Examination.
- Participants who fail the Examination but achieve 75% attendance will only be awarded with **CERTIFICATE OF ATTENDANCE** issued by FMM

.... COURSE DETAILS....

Date **October 25 & 26, 2021**
(Monday & Tuesday)

Time **8.45am - 5.00pm**

Venue **FMM Institute Perak**
No 1, Lorong Raja DiHilir,
30350 Ipoh, Perak

Medium of Instruction **English/BM**

CPD: **14 hours**

Fees : **MEMBERS RM742.00/pax**
NON-MEMBERS RM848.00/pax
(Fees inclusive of Service Tax at 6%, Course Materials, Refreshment, Lunch and Certificate of Attendance)

.... ADMINISTRATIVE DETAILS....

DISCLAIMER

The FMM Institute reserves the right to change the facilitator, date and to vary / cancel the course should unavoidable circumstances arise. All efforts will be taken to inform participants of the changes.

REGISTRATION

- Upon **Faxing/Mailing** the completed **Registration Form** to FMM Institute, you are **deemed** to have read and **accepted** the terms and conditions. The **course** would also be **deemed** as **confirmed** unless informed otherwise.
- Will be based on First-Come-First served basis.

PAYMENT

- **Cheques** made in favour of "**FMM Institute**" should be forwarded to FMM Institute Perak.
- For **SBL-Khas Scheme**, an **Attendance of 100%** is a **must**, in any case, **employers will be billed in full**.
- FMM Institute SST Registration No. **W10-1901-32000105**

CANCELLATION

- Must be in Writing with Reasons
- 7 days before the course – No payment charged
- 3 – 6 days before the course - 50% payment charged
- < 3 days before the course – Full payment charged
- Participants who did not turn-up will be charged full payment
- Replacements can be accepted at no additional cost

Closing Date:
OCTOBER 18,
2021

~ Registration Form ~

OCCUPATIONAL FIRST AID SKILLS AND CPR

FMM Institute
No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak

Fax: 05-5488221

Dear Sir / Madam, please register the following participant(s) for the above programme.

	Name	Designation	NRIC
1.			
2.			
3.			

(Please attach a separate list if space is insufficient)

We hereby confirmed that *(Please tick (✓) in appropriate box):-*

- We **will be claiming under SBL-Khas Scheme** and full payment would made to FMM Institute in the event that no disbursement from HRDF under any circumstances
- We will **NOT BE CLAIMING under SBL-Khas Scheme**. Enclosed cheque/bank draft No _____ for RM _____ being payment for _____ participant(s) made in favour of the "**FMM Institute**".

Submitted by:

Name:

Designation:

Company:

Tel:

Fax:

Address:

Email:

FMM Membership No