

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).

CONTENTS

DAY 1

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

DAY 2

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

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.

Trainer

Encik Rahman Basar holds a Diploma of Medical Assistant from the Ministry of Health in 1975. He started his career as Medical Assistant at Hospital Kuala Lumpur and has more than 18 years experience in the Accident and Emergency Department. Later he joined Q-medic Academy as Chief Instructor. In 1996, he was promoted as Training Manager by the Promed Consultancy. Currently he is the Training Director of his own academy. His vast experience and knowledge in the field of medical emergencies, traumatology and life support has enabled him to manage and conduct numerous healthcare courses for various companies. He is also a member of the Malaysian Red Crescent Society (MRCS).

Certification

First Aid Certificate 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 the Certificate of Attendance.

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.

Administrative Details

Date : December 12 - 13, 2011 (Mon – Tue)

Time : 8.30 am – 4.30 pm

Venue: FMM Institute

Level 5 (South), Wisma STA,
No. 26, Jalan Datuk Abang Abdul
Rahim, 93450 Kuching, Sarawak

Fees : FMM members RM780 per participant
Others RM980 per participant
(Fees include course materials, lunch and refreshments)

Completed registration form with cheque made in favour of **FMM Institute** should be forwarded to FMM Institute before **December 5, 2011.**

Those who register but do not turn up for the programme will be billed accordingly. There will be no refund for cancellation within 2 days prior to the programme, 50% refund for cancellation between 3 - 6 days and full refund for cancellation 7 days prior to the programme. However, replacement will be accepted at no additional cost. FMM Institute reserves the right to cancel or reschedule the programme and all efforts will be taken to inform participants of any changes.

For further enquiries, please contact :
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E-mail : fmmsarawak@fmm.org.my

Training Grant of 100% from PSMB can be applied through SBL Scheme PRIOR to commencement of the programme.