YN SAFETY AND HEALTH
CONSULTANCY SERVICES

Basic Occupational First Aid, CPR & AED (BOFA) TRAINING (2 days)

INTRODUCTION

This training is designed to teach learner the basic knowledge and skills needed to respond to emergency situations and provide care until medical professionals arrive. The trainer will demonstrate various technique of first aid care and management skills. At the end of the training participants have to attend theory and practical assessment. Participants also will join emergency stimulation drills.

HRDF SBL-KHAS
Claimable



OBJECTIVE

Participants will be benefit by being able to:

- ✓ The importance of taking immediate action in an emergency
- ✓ How to assess the situation and the victim
- ✓ Basic life support techniques, including CPR and the use of an AED
- ✓ How to recognize and respond to different medical emergencies such as heart attacks, strokes, and choking
- ✓ Techniques to treating injuries, such as bleeding, burns, and fractures

COURSE CONTENTS

Legal requirements	➢ Occupational Safety & Health Act 1994 ➢ FMA (Safety and health welfare) regulation 1970 ➢ Introduction of first aid
Basic Lift Support	➢ Chain of survival ➢ Cardiopulmonary Resuscitation (CPR) for adult, baby ➢ Introduction to Automated External Defibrillator (AED) ➢ Recovery position ➢ Foreign Body Airway Obstruction (Choking) Adult
First Aid Treatment	➢ Bleeding and Wounds, basic bandaging skills ➢ Thermal and Electrical Burns and Scald & management ➢ Bone injury (fractures) , Muscle injury, spine injury & management ➢ Theory and Practical assessment ➢ Mock Drill (role play) ➢ Post Mortem

ABOUT SPEAKER



Trainer: Elaine Tan Yi Ning

Education

➢ Degree in Environmental and Occupational Health, UPM

Qualification

- ➢ First Aid Instructor
- ➢ More than 10 years experience involved in environmental, safety and health
- ➢ Previous Safety and Health Officer (HQ/16/SHO/04/00559)
- ➢ ISO14001:2015 & ISO45001:2018 lead auditor
- ➢ Waste water treatment plant competent person (CePIETSO-PCP/00772)
- ➢ Scheduled waste competent person (CePSWAM/02181)
- ➢ Scrubber competent person (CePSO/00573)
- ➢ Certified HRDF Trainer (TTT/6343)

TARGET GROUP

- Emergency Response team, first aiders

*** Maximum 25 pax per group**

METHODOLOGY

Theory Presentation

Mock Drill (role play)

Practical

FOR MORE DETAIL, PLEASE CONTACT

YN Safety and Health Consultancy Services

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Other Safety and Health Consultancy Services are provided. Please contact to get more details.