

Basic Occupational First Aid, CPR & AED Training



Perintis OSH Sdn Bhd



2 days



HRDC
Claimable



In-House /
Public Training



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Introduction:

This program equips participants with essential lifesaving skills to respond effectively during workplace medical emergencies. Training includes first aid fundamentals, CPR techniques, proper use of the AED, and emergency management procedures to stabilize victims until professional help arrives.

Training Methodology:

Interactive lectures, hands-on practice with CPR manikins & AED trainers, demonstrations, group discussions, scenario-based simulations, and competency evaluation

Objectives:

- Understand basic principles of occupational first aid and emergency response
- Perform CPR correctly and safely for adults
- Use an AED during cardiac emergencies
- Provide first aid for common workplace injuries
- Conduct victim assessment using DRABC

Benefits:

- Gain confidence in handling medical emergencies
- Quick response reduces severity of injuries
- Strengthen company compliance with emergency preparedness requirements
- Improve workplace safety culture and readiness

Course Outline

Introduction to First Aid

- Understand your legal duties, responsibilities, and how to safely respond to a workplace emergency

Victim Assessment (DRABC)

- Safe scene approach, checking responsiveness, airway, breathing, circulation, and activating emergency services

CPR (Adult)

- Correct chest compressions, rescue breaths, and rhythm practice using manikins

AED (Automated External Defibrillator)

- Safe operation of AEDs with practical drills and precautions

First Aid for Common Workplace Injuries

- Managing bleeding, fractures, burns, shock, and medical emergencies

Practical Assessment

- Demonstrate your hands-on skills in CPR, bandaging, and simulated emergency scenarios

Contact Us :



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