

CERTIFIED CPR / BASIC FIRST AID / ADVANCED FIRST AID / LIFE SUPPORT / EMERGENCY RESPONDER TRAINING PROGRAM IN MALAYSIA



FIRST AID

First aid is the provision of initial care for an illness or injury. It is usually performed by non-experts (or sometimes by an expert in case of an emergency), but trained personnel to a sick or injured person until definitive medical treatment can be accessed. Certain self-limiting illnesses or minor injuries may not require further medical care past the first aid intervention. It generally consists of a series of simple and in some cases, potentially life-saving techniques that an individual can be trained to perform with minimal equipment.

CPR

Cardiopulmonary resuscitation (CPR) is an emergency procedure performed in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is indicated in those who are unresponsive with no breathing or abnormal breathing, for example, agonal respirations. According to the International Liaison Committee on Resuscitation guidelines, CPR involves chest compressions at least 5 cm (2 in) deep and at a rate of at least 100 per minute in an effort to create artificial circulation by manually pumping blood through the heart and thus the body. The rescuer may also provide breaths by either exhaling into the subject's mouth or nose or using a device that pushes air into the subject's lungs. This process of externally providing ventilation is termed artificial respiration. Current recommendations place emphasis on high-quality chest compressions over artificial respiration; a simplified CPR method involving chest compressions only is recommended for untrained rescuers. CPR alone is unlikely to restart the heart. Its main purpose is to restore partial flow of oxygenated blood to the brain and heart. The objective is to delay tissue death and to extend the brief window of opportunity for a successful resuscitation without permanent brain damage. Administration of an electric shock to the subject's heart, termed defibrillation, is usually needed in order to restore a viable or "perfusing" heart rhythm. Defibrillation is effective only for certain heart rhythms, namely ventricular fibrillation or pulseless ventricular tachycardia, rather than asystole or pulseless electrical activity. CPR may succeed in inducing a heart rhythm that may be shockable. In general, CPR is continued until the patient has a return of spontaneous circulation (ROSC) or is declared dead.

We provide certified CPR & First Aid training program. We will show you how to perform the life saving techniques of CPR & First Aid. At the end of the training, a certificate will be issued to those who have completed the training.

### OUR LIST OF COURSES

#### Certified First Aid Program

This program is meant for companies who wants their staff to be certified in First Aid. It also touches a little bit on CPR as an extra knowledge for the trainees.

#### Certified CPR & First Aid Program

This certified program will give trainees complete knowledge on the life saving techniques of CPR and First Aid. They will undergo theory & practical sessions before going through examinations in order for them to get certified.

#### CPR & First Aid Refresher Program

This Half Day Program is suitable for participants who has already undergone the complete CPR & First Aid Program more than 6 months ago. This program is meant to refresh the participants so that they do not loose touch of their earlier training.

#### CPR & FRLS Certification Program

This two days program is a complete training on CPR, First Aid & First Responder Life Support. Participants will undergo intensive theory & practical sessions including topics on altitude sickness, medical conditions and so on.

### TRAINING PROGRAM DETAILS:

- Claimable Training From HRDF / PSMB SBL Scheme Malaysia
- A.H.A Training Guidelines: Training In Accordance to American Heart Association Guidelines
- A Certificate of Competency which is valid for 2 years ( Certification ) will be given to candidates who fully attended the course & passes the assessment and a Certificate of Attendance will be given to participants who failed but completed the training

### HRDF CLAIMABLE TRAINING

#### Training Inquiries

#### Contact



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CPR / First Aid Training & Consultancy