

Occupational First Aid Course



Course Overview

A mandatory course for personnel who will be appointed as a workplace first aider. The course equips you with the relevant knowledge and skills in providing first aid and using CPR+AED.

Course Outline

- Principles and practice of first aid
- First-aid requirements in factories and other workplaces
- Wounds, bleeding and shock
- Fractures and soft tissues injuries
- Handling and transportation of the injured
- CPR & use of AED
- Breathing difficulties
- The unconscious patient
- Occupational eye injuries
- Burn injuries



- Industrial toxicology
- Safety and accident prevention
- Management of medical emergencies

Methodology

Written and Practical

Who Should Attend

Personnel appointed as a workplace first-aider

Course Duration

Training / Lecture Hours: 20.5 hours

Assessment / Exam Hours: 3 hours

Pre-requisites

- Be physically able to perform CPR skills while kneeling on the floor
- Pregnant or with any medical history such as heart and joint issues should seek advice from their doctors prior to enrolling