

# Elco Learning & Knowledge Center

Building Capability to Learning Edge



**Certified First Aider**

Many of the deaths in accidents are caused by elongated bleeding and no immediate treatment. Inexperience first aid could also aggravate the injury and thus make the victim suffer event more.

Do you have any competent first aider in the company for emergency response?

## SH-133 Certified First Aider

### COURSE OBJECTIVES

The course has been designed to fulfill the following objectives:

- Gain enhanced knowledge on the fundamental concepts of safety and prevention of accidents; including management of emergencies and the provision of first aid.
- Understand the basic requirements of OSH legislation in Malaysia pertaining to accidents and first aid.
- Recognize types of hazards existing at workplace and initiating suitable emergency treatment of injuries.
- Provide first aid treatment in case of sudden illness, accidents and to prevent possible further damage to the injured person or persons.

### TRAINING APPROACH

This practical course combines classroom teaching, practical exercises (First Aid & CPR) and group discussion.

The course has been designed to enable all participants leave the training with a set of new knowledge, skills and direct experience of how to implement an effective first aid and Cpr.

### HOW YOU WILL BENEFIT

- Establish a competent first aid team,
- Able to perform first aid,
- Meet Occupational Safety & Health Act requirements

### WHO SHOULD ATTEND

This course is designed for first aiders and safety & health committee members or anyone who is responsible for the care taking of the Occupational Safety & Health Management System for the company.

### COURSE DURATION

This is a two days course running from 9.00am to 5.00pm.

### COURSE LEADER

**Sukumaran Kenath Nair** is a qualified trainer in Cardio Pulmonary Resuscitation and Industrial First Aid. He is a paramedic formerly attached to the Accident and Emergency Department of Hospital Sultanah Aminah Johor Bahru.

He carries with him about 31 years in emergency medicine especially in emergency response, preventive and therapeutic emergency management. During these years Sukumaran exposed himself in areas of paramedic activity in the hospital and also in public services and NGO.

His strong dedication in saving lives has given him the drive to devote himself to train the public and the hospitality industry in saving lives.

In 2003 he attended the Train the Trainer course at NIOSH and is now a certified Industrial First Aid trainer and instructor. He was also an instructor and examiner for the St. Johns Ambulance Johor Bahru. He has also attended various Industrial First Aid and emergency response programmes in the United States and Australia.

He has also attended safety courses organized by the Ministry of Health and the industry and was in the safety committee representing the Operation Theatre. He has also attended the Basic offshore Safety Induction and emergency training including boat transfer run by MSTs for OPTICO United Kingdom. He has also attended many emergency response courses and conducted table top exercises for Emergency Response agencies.

He is a Basic and Advanced Life Support Instructor with the Ministry of Health and an instructor at Hospital Sultanah Aminah Johor Bahru. He has also run courses for the Fire and Rescue Department, Civil Defence and the Police Department. He is presently the trainer for the Radiotherapy students of the Radiotherapy Department of Hospital Sultanah Aminah, Johor Bahru

Mr. Sukumaran has been actively conducting trainings for workers, safety committee members, supervisors and managers for companies such as Avillion Hotel and Resorts, Beyonics Sdn.Bhd., College Radiography Johor, Dental Department HAS Johor Bahru, Evergreen Industries Pasir Gudang, Halliburton Sdn.Bhd., Hotel Puteri Pan Pacific, Malaysia Shipyard Engineering, Mutiara Hotel Johor Bahru, Pan Century Oleochemicals Sdn.Bhd., Shimano Industries Pekan Nenas, Sultan Ismail Power Station, Sumitomo Interconnect Johor Bahru, Tenaga National (Distribution), University Technology Malaysia, and etc.

## SH-133 Certified First Aider

### COURSE CONTENT

#### Section 1: Principles of First Aid

- Definition
- Qualities/duties of a first aider
- contents of a first aid box
- components of a first aid room

#### Section 2: Cardio-Pulmonary Resuscitation

- 1 man CPR(adult)
- adult choking
- infant CPR

#### Section 3: Basic anatomy and physiology of

- heart
- lungs

#### Section 4: Bleeding/wounds

- character of blood vessels
- types of bleeding
- technique of stopping bleeding
- types of bandaging

#### Section 5: Fractures/dislocation/sprain/spinal injuries

- types of fractures
- how to immobilize fractures/splinting of fractures
- cervical collar for cervical fractures

#### Section 6: Shock

- types of shock
- features of shock
- first aid for shock

#### Section 7: Burns

- types and degree of burns
- first aid for burns

#### Section 8: Drowning/near drowning

- Physiology of drowning
- first aid management.

#### Section 9: Fainting

- first aid management for fainting

#### Section 10: Poisoning

- first aid treatment for different types of poisoning

#### Section 11: Extrication of patients

- is extrication necessary and when
- types of extrication
- log roll

#### Section 12: First responder life support

- a practical review of a patient having multiple trauma
- how to prioritise injuries.
- how to treat patients based on teamwork
- qualities of a team leader



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