

UNIT MERINYU ELEKTRIK ELECTRICAL INSPECTORA TE UNIT

FIRST AID COURSE

The First-aid course contents shall comply to the Department of Occupational Safety and Health (DOSH) approved syllabus with the duration of the training sufficient for trainee to understand the concepts and demonstrate their ability to perform first-aid procedures.

| FIRST AID COURSE CONTENTS | |
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| A. BASIC LIFE SUPPORT | |
| THEORY | PRACTICAL |
| 1) Chain of Survivals 2) Common cause of Death 3) Introduction to Cardiovascular System 4) Introduction to Respiratory System 5) Coronary Heart Diseases and Risk Factors 6) Cardiopulmonary (CPR Technique's) – DR. ABC | Adult one rescuer CPR technique Adult two rescuer CPR technique Airway Obstruction – Conscious (Heimlich Maneuver) Airway Obstruction – Become unconscious Airway Obstruction – Found Unconscious Victim Care of unconscious victim (Recovery Position) |
| FIRST AID/BASIC TRAUMA LIFE SUPPORT | |
| HEORY | |
| 1) INTRODUCTION TO FIRST-AID – Definitions and requirements 2) INTRODUCTION TO BASIC ANATOMY x Musculoskeletal system x Central nervous system 3) INTRODUCTION TO BASIC EMERGENCY PRINCIPLES (DR. ABC) 4) PATIENT ASSESSMENT x Identifying life treating conditions – shock, chest injury, internal injuries, chest injury, etc. x Managing injuries based on priority x Communication to the health care provider x Rapid Assessment (head to toe) | 8) MANAGEMENT OF WOUND x Type of wounds x Treating the wound (first aid) 9) OTHER INJURIES x Burn and scald – fire, hot water, chemical, etc. x Heat related disorder – heat stroke, hypothermia etc. x Ear, nose and throat injuries – eye injury (Chemical), bleeding from nose, etc. x Sports injuries - sprain/strain x Sting and bites – insect bites, allergic, etc. x Chemical contact – inhalation, absorption, ingestion, exposure, etc. |
| MANAGEMENT OF SPINAL INJURY X Identifying spinal injuries X Care of the injured victim X Immobilization and transportation MANAGEMENT OF MEDICAL SHOCK X Type of shock X Identifying shock (sign and symptom) X Treating shock (first aid) | PRACTICAL 1) Adult one rescuer CPR technique 2) Adult two rescuer CPR technique 3) Airway Obstruction – Conscious (Heimlich Maneuver) 4) Airway Obstruction – Become unconscious 5) Airway Obstruction – Found Unconscious Victim 6) Care of unconscious victim (Recovery Position) |
| 7) MANAGEMENT OF FRACTURE (INCLUDING AMPUTATION) x Identifying fracture (sign and symptom) x Type of fracture (closed and open) x Immobilization of fracture (upper limb, lower limand extremities) | nb |

The Institutions providing training on First-Aid course in accordance with the "Guidelines on First-Aid in the Workplace" (2nd Edition) namely:

- i. Institutions under Ministry of Health;
- ii. Hospitals under Ministry of Education;
- iii. National Institute of Occupational Safety and Health (NIOSH);
- iv. Malaysian Red Crescent Society;
- v. St. John Ambulance, Malaysia; and
- vi. Any Institutes which conduct the Course with certificates issued by Malaysian Red Crescent Society or St. John Ambulance, Malaysia.