

OCCUPATIONAL FIRST AID & CPR TRAINING

POWER SOLUTIONS *Training Management PLT*

TRAINING INTRODUCTION

DOSH Guidelines on First Aid in the workplace.

100% HRDF CLAIMABLE

Important

CPR NEW GUIDELINE (2015)

**CCD
20 POINTS
CEP Points
Based on
CEP Guidelines
10 Point**

'Basic First Aid Training at the Work Place aims to give a more comprehensive coverage on the understanding and practical guidance as well as the theoretical aspects of first aid to the Volunteers and the public based on the concept of prevention. When someone becomes ill or injured, there is usually a short period of time before you can get professional medical assistance. It is that length of time that is most critical to the victim. What you do, or don't do during that period of time can make the difference between life and death. It has been shown that proper initial handling of the accident victims contributes significantly to the final outcome and often determines if a life could be saved. This program will impart the basic practical knowledge of First Aid.

COURSE OBJECTIVES

- To respond to emergencies .
- Understand basic first aid principles and its procedures
- To recognize, assess and support the most common emergencies until professional help arrives.
- Be aware of the importance of proper safety procedures
- Identify common injuries at the work place and how to deal with them

Rm 400.00 Per Person

OFFER MORE
THAN 5 PERSONS

RM350

REGISTRATION

Update the registration form and email to us or call the contact number below for registration.

Closing date for registration- 7 JANUARY 2018

Contact Details

2479-B, 1st Floor, Jalan Sultan Azlan Shah,
11700 Gelugor, Penang.

Email: admin@pstm.my

Tel: 04- 6586 310,
012 - 4213725 (Karuna)

Date : 17 & 18 JANUARY 2018

Venue : SEAMEO RECSAM(PENANG)

Time : 9am – 5pm



English Version

1 Scope of First Aid

- Definition
- Aims
- Responsibilities
- Primary survey
- Secondary survey

2 Patient Assessment

- Scene Size
- Primary survey
- Secondary Survey
- Patient History
- Ongoing Assessment
- Report

3 Anatomy

- Structure of the body
- The circulatory System
- The Respiratory System
- The Nervous System
- Digestive System
- Muscular System

4 Wounds and Bleeding

- Types of wound
- Blood Vessels
- Treatment

5 Fractures and Dislocation

- Types and cause of fracture
- Sign and symptoms
- Treatment

6 Burns and Scalds

- Types of burns
- Depth of burns
- Treatment

Bahasa Melayu Version

1 Skop Pertolongan Cemas

- Definisi
- Tujuan
- Tanggungjawab
- Penilaian Pesakit Asas
- Penilaian Badan Pesakit

2 Penilaian Pesakit

- Kenal pasti Kawasan
- Penilaian Pesakit Asas
- Penilaian Badan Pesakit
- Sejarah Pesakit
- Pemeriksaan Lanjutan
- Laporan

3 Sistem Badan

- Struktur Tubuh
- Sistem Peredaran darah
- Sistem Respirasi
- Sistem saraf
- Sistem pencernaan
- Sistem Otot

4 Luka dan Pendarahan

- Jenis luka
- Saluran darah
- Rawatan

5 Patah dan Terkehel

- Jenis dan punca patah
- Tanda tanda dan gejala
- Rawatan

6 Terbakar dan melecur

- Jenis terbakar
- Tahap terbakar
- Rawatan

7 **Poisons & poisoning**

- How do poisons enter the body
- Sign & Symptoms
- Treatment

8 **Fainting & unconsciousness**

- Causes
- Treatment
- A.V.P.U

9 **Asphyxia**

- Definition
- Causes
- Sign & symptoms

10 **Shock**

- Definition
- Causes
- Sign & symptoms
- Treatment

11 **Electric Shock**

- Low Voltage
- High Voltage

12 **Dressing & Bandage**

- Types of Bandage

13 **Choking**

- Adult
- Children
- Infant

14 **Cardio Pulmonary Resuscitation (C.P.R)**

- D.R.C.A.B.D (Guideline 2015)
- CPR/AED Demonstration and skill practice on Manikins and AED Trainers
- CPR/AED Video Presentation

15 **Asthma Attack**

- Causes
- Sign & symptoms
- Treatment

7 **Racun & keracunan**

- Bagaimana racun memasuki badan
- Tanda & gejala
- Rawatan

8 **Pitam & tidak sedar diri**

- Punca
- Rawatan
- A.V.P.U

9 **Asfiksia**

- Definisi
- Punca
- Tanda & Gejala

10 **Renjatan**

- Definisi
- Punca
- Tanda dan gejala
- Rawatan

11 **Kejutan Eletrik**

- Voltan rendah
- Voltan tinggi

12 **Pembebatan & Pembalutan**

- Jenis pembalutan

13 **Tercekik**

- Dewasa
- Kanak-kanak
- Bayi

14 **Kardio Pulmonori Resusitasi**

- D.R.C.A.B.D (Garis Panduan 2015)

15 **Penyakit Asthma**

- Punca
- Tanda & Gejala
- Rawatan

16 Seizures

- ➔ Adult
- ➔ Child

17 Hyperventilation

- ➔ Cause
- ➔ Sign & Symptoms
- ➔ Treatment

18 Sport injuries

- ➔ R.I.C.E Method
- ➔ Sprain & Muscle cramp

19 Lifting and Transportation

- ➔ Mock Accident Simulation Exercise

20 Simulation

21 Exam / Assessment

16 Sawan

- ➔ Dewasa
- ➔ Kanak – kanak

17 Histeria

- ➔ Punca
- ➔ Tanda & Gejala
- ➔ Rawatan

18 Kecederaan sukan

- ➔ R.I.C.E Cara

19 Pengangkutan dan Usungan

- ➔ Latihan Kemalangan Simulasi

20 Simulasi

21 Pemeriksaan / Tinjauan



TRAINER'S PROFILE

Mr Karunamoorthi Ganthi has been active in teaching First Aid & CPR Courses for the last 10 years. His professional qualifications includes Diploma in LCCI, ACCA (Level 1) and First Aid Instructor – USM and Maktab Pengurusan. He holds an Advance Certification in First Aid and has attained numerous First Aid certification which are as follows : -

- ◆ Basic First Aid Certificate
- ◆ Health Education Certificate
- ◆ Home Nursing Certificate
- ◆ Education in Red Cross/Red Crescent & International Humanitarian Law Certificate
- ◆ Basic Life Support Certificate (CPR)
- ◆ Disaster Relief & Rescue Operation
- ◆ Casualty Simulation Course
- ◆ Senior Instructor Certificate
- ◆ Administration & Management Certificate
- ◆ Psychology Support Certificate
- ◆ Teaching Methodology Certificate
- ◆ Advance First Aid Certificate
- ◆ Practical Training Ambulance Service Emergency Communication Course (PEARL) Penang State
- ◆ Pre Hospital Care
- ◆ Basic Ambulance Course

He is also a Member and a Senior Instructor of The Red Crescent Society and Island Chapter, and an Officer In Charge of Training. He has been actively involved in Teaching and Training, and also contributes in humanitarian activities in Malaysia. He was also actively involved in the Tsunami Relieve Programs in Malaysia where his skills were put to the test and he came out with flying colours.

He is always invited to give talks on First Aid by various government and non-government organizations and is a regular trainer for many multi nationals and the private sector. He is a regular guest speaker in collages and schools.

Karunamoorthi also conducts many First Aid & CPR training programs for the Private Sector Multi National Companies and Government Organizations such as:

- ◆ Royal Malaysian Air Force College,
- ◆ Teachers Training Centers,
- ◆ Malaysia Airports,
- ◆ Seameo Recsam, J
- ◆ Jabatan Kimia Malaysia,
- ◆ Jabatan Kerja Raya (JKR),
- ◆ Perbadaan Bekalan Air (PBA)
- ◆ Jabatan Pengaliran & Saliran(JPS)
- ◆ Intel Technology (M) Sdn Bhd,
- ◆ Osram Opto Semiconductor (M) Sdn Bhd,
- ◆ Agilent Technologies (M) Sdn Bhd,
- ◆ Penang Seagate Industries (M) Sdn Bhd,
- ◆ Fairchild Semiconductor (M) Sdn Bhd,
- ◆ Dynacraft Industries Sdn Bhd,
- ◆ Robert Bosch Power Tools Sdn Bhd,
- ◆ Philips Lumileds Lighting Company Sdn Bhd,
- ◆ ITW Meritex Sdn Bhd,
- ◆ ASE Electronics (M) Sdn Bhd,
- ◆ Globetronics Sdn Bhd,
- ◆ BBRAUN ,
- ◆ GUH Circuit Industry (Pg) Sdn Bhd,
- ◆ Mini-Circuits Technologies (M) Sdn Bhd,
- ◆ STEC Technology Sdn Bhd,
- ◆ IDT (M) Sdn Bhd,
- ◆ Oryx Advanced Materials Sdn Bhd,
- ◆ Venture Electronics,
- ◆ Crystal Precision (M) Sdn Bhd,
- ◆ DHL Supply Chain (M) Sdn Bhd,
- ◆ Federal Express Services (M) Sdn Bhd,
- ◆ Maskargo,
- ◆ Tenaga Nasional Berhad (TNB),
- ◆ BASF (M) Sdn Bhd,
- ◆ Showa Denko HD (M) Sdn Bhd,
- ◆ Infineon Technologies (Kulim) Sdn Bhd,
- ◆ Hoya Electronics (M) Sdn Bhd,
- ◆ FIRST SOLAR (KULIM)
- ◆ LAFARGE CEMENT
- ◆ BROADCOM
- ◆ KATOLEC
- ◆ IBIDEN
- ◆ MOLNLYCKE HEALTH CARE
- ◆ TF AMD (PENANG & CYBERJAYA)
- ◆ CONTINENTALAUTOMATIVE COMPONENTS
- ◆ PUTRAJAYA SHANGRI-LA HOTEL
- ◆ THE LIGHT HOTELS
- ◆ AUTOMATIVE LIGHTING
- ◆ JONES LANG LASALLE (JLL)
- ◆ HONDA
- ◆ UNITED PLANTATION BERHAD
- ◆ EASTIN HOTEL
- ◆ G HOTEL
- ◆ E&O HOTEL
- ◆ SilTerra (M) Sdn Bhd, Bard Sdn Bhd,
- ◆ Rasa Sayang Resort & Spa Hotel,
- ◆ JEN HOTEL,
- ◆ Golden Sands Resort Hotel,
- ◆ Holiday Inn Resort Hotel,
- ◆ Hotel Equatorial,
- ◆ Bayview Beach Resort Penang,
- ◆ Bayview Hotel Georgetown Penang,
- ◆ Tanjung Rhu Langkawi,
- ◆ Four Season Langkawi,
- ◆ Bayview Langkawi,

- ◆ Casa Del Mar,
- ◆ Awana Porto Malai,
- ◆ M + W Hightech Projects (M) Sdn Bhd,
- ◆ Boustead Langkawi Shipyard Sdn. Bhd.
- ◆ Sunway Hotel,
- ◆ ST.REGIS (LANGKAWI)
- ◆ Lone Pine Hotel,
- ◆ Citibayview,
- ◆ Taj Hotel Rebak Island Resort, Langkawi,
- ◆ S.P Setia Bhd,
- ◆ Solution Pipe,
- ◆ GF Electronic,
- ◆ Shan Pournam
- ◆ Eurospan Furniture Sdn Bhd
- ◆ KESP and many many more.

He is a hands-on bilingual trainer who is able to communicate and interacts with people from all walks of life.



OCCUPATIONAL FIRST AID & CPR TRAINING

COURSE REGISTRATION FORM

Course Fee: RM 400

HRDF claimable under SBL scheme

DATE : 17 & 18 JANUARY 2018

Time : 9.00a.m till 5.00p.m.

Please register the following delegate(s) for the event <small>(Please photocopy for more PARTICIPANT)</small>			
	PARTICIPANT 1	PARTICIPANT 2	PARTICIPANT 3
Name (Dr / Mr / Mrs / Ms)			
Job Title			
Email Address			
Mobile			
Registration Contact			
Name:	Job Title:	Direct Line:	Email:
Billing Information			
Full Company Name			
Billing Address			
Signature & Company Stamp			

CONTACT DETAIL:

POWER SOLUTIONS TRAINING MANAGEMENT PLT
(LLP0003919-LGN)

Address : No. 2479 B, 1st Floor,
Jalan Sultan Azlan Shah,
11700, Gelugor, Penang.

E-mail : admin@pstm.my

Office Phone : 04- 658 6310

Contact Person : KARUNA
(H/P : 012 -4213 725)

CERTIFICATE &
FIRST AID CARD
WILL BE ISSUE