

## **Course Name:**

### ***Basic Occupational First Aid ( BOFA) Training***

## **Synopsis**

Basic Occupational First Aid, CPR & AED course will provide participant with adequate knowledge required in handling medical emergency case. Participant will be put to test in our simulation medical emergency case scenario where correct technique of Basic Occupational First Aid, CPR & AED will be assessed by assessor.

This course aims to –

- Increase awareness to participant on First Aid, CPR & AED technique
- Equip knowledge to participants on the core concepts of First Aid, CPR & AED
- Practice correct technique on First Aid, CPR & AED at workplace and on personal level.

This programme is structured to create awareness among participant regarding this issue by trainer that is field expert in safety and health matter at workplace. A variety of training methods will be used to give participants the best opportunities for learning.

## **Who Should Attend**

Apply to all levels of daily operation officer, executives, management and security officer

## **Prerequisite**

N/A

## Course Methodology

Presentation by trainer, scenario case discussion, practical group activities.

## Course Duration

1 day- 9am - 5pm

## Course Structure

### Session 1: Ice Breaker

- Ice breaker session (trainer & participant introduction)
- Introduction to Basic Occupational First Aid, CPR,AED
- Legal issues and consent

### Session 2: Module 1

- Type of death
- Common causes of death
- Introduction to cardiovascular, respiratory system
- Heart attack vs cardiac arrest
- Stroke identification

### Session 3: Module 2

- Scene assessment and personal safety
- Primary assessment and airway management
- Chain of survival

Session 4: Module 3

- Cardiopulmonary Resuscitation (adult & children)
- Adult and child choking (adult & children)

Session 5: Module 4

- Introduction to AED
- Technique on AED usage
- First Aid box guideline

Session 6: Module 5

- Spinal injury
- Wound injury
- Burns & Scald
- Fracture injury
- Bleeding & shock

Session 7: Module 6

- Poisoning and allergic reactions
- Diabetic emergencies
- Seizures and convulsions
- Asthma

Session 8: Module 7

- MCQ Assessment
- Assessment on simulation of case scenario