MODULE TITLE:
First Aid CPR and AED Training

INTRODUCTION:
Participants will gain an understanding of the importance of first aid in the workplace, along with an overview of legal considerations, their role and responsibilities as first aiders, and basic principles of first aid.

OBJECTIVE OF THE TRAINING:
To equip participants with the fundamental knowledge and practical skills necessary to respond effectively to medical emergencies in the workplace, including providing first aid, performing CPR, and operating an AED.

METHODOLOGY:
Hands-on practice, interactive learning, and real-life scenarios to ensure participants develop confidence and competence in responding to medical emergencies effectively.

TARGET GROUP:
Employees or individuals designated as workplace first aiders, safety officers, or anyone responsible for responding to medical emergencies in occupational settings.

NO. OF PAX:
Maximum 25 Participants per session.

DURATION:
- 1 day (typically 8 hours, including breaks)

MEDIUM:
The discussion/ presentation will be conducted in English and/or Bahasa Malaysia. However, it can be executed in a dual language option.

Time	Content
0830	**Registration and** Scan QR and answer pre-assessment
0900	**Session 1: Introduction to First Aid** Overview of the importance of first aid in the workplace Legal and ethical considerations Role and responsibilities of a first aider Introduction to basic first aid principles and priorities
1000	Morning Tea Break
1015	**Session 2: Primary Survey and Basic Life Support (BLS)** Assessing the scene safety and identifying hazards Primary survey: ABCD approach (Airway, Breathing, Circulation, Disability) Recognition and management of unconscious casualty Recovery position demonstration and practice
1115	**Session 3: Cardio Pulmonary Resuscitation (CPR)** Explanation of CPR and its importance Hands-only CPR technique demonstration Practice on manikins with feedback Differentiating adult, child, and infant CPR techniques
1200	Lunch Break
1300	**Session 4: Automated External Defibrillator (AED) Operation** Introduction to AED and its role in cardiac emergencies Demonstration of AED operation following Malaysia Red Crescent Society guidelines Practice using AED on training manikins with simulated scenarios
1400	**Session 5: Management of Common Workplace Injuries** Recognition and treatment of common workplace injuries: Burns Cuts and wounds Fractures and sprains Heat-related illnesses Practical demonstrations and hands-on practice for injury management Importance of documentation and reporting in the workplace
1530	Tea Break
1545	**Session 6: Review and Assessment** Recap of key concepts and skills covered during the course Question and answer session Practical assessment to evaluate participants' competency in first aid, CPR, and AED operation
1630	**Conclusion and Closing Session** *Scan QR and answer post-assessment
1700	End of Program