



# ST. JOHN AMBULANCE SARAWAK

## First Aid At Work Places

(With First Aid Certificates Upon Passing The Assessments)

### DAY 1

9.00 am	Session 1	:	<b>What is First Aid?</b> Principles of First Aid Patient Assessment
9.30 am	Session 2	:	<b>Cardio Pulmonary Resuscitation + AED</b> Chain of Survivals Common cause of Death CPR Techniques (Do & Don't)
10.00 am	<b>BREAK</b>		
10.30 am	Session 3	:	<b>CPR Practical Session</b>
12.00 am	Session 4	:	<b>Management of Unconscious Casualty</b> Recovery Position
12.30 pm	<b>LUNCHBREAK</b>		
2.00 pm	Session 5	:	<b>Wounds &amp; Bleeding</b> Bandaging Type of medical shock Identifying shock (sign and symptom) Treating shock (first aid)
2.30 pm	Session 6	:	<b>Bones &amp; Muscle Injuries</b> Introduction to basic anatomy Management of Fracture Splinting



# ST. JOHN AMBULANCE SARAWAK

## First Aid At Work Places

(With First Aid Certificates Upon Passing The Assessments)

**3.00 pm      BREAK**

**3.15 pm      Session 7      :      Practical: Wounds & Bleeding**

**4.30 pm      Session 8      :      Practical: Bones & Muscle Injuries**

**5.00 pm      END OF DAY 1**

## DAY 2

**9.00 am      Session 9      :      Medical Emergencies**  
Angina Pectoris & Heart Attack  
Asthma  
Seizure  
Stroke

**10.00 am      BREAK**

**10.30 am      Session 10      :      Airway Obstruction**  
Airway Obstruction – Conscious (Heimlich Maneuver)  
Airway Obstruction – Become unconscious  
Airway Obstruction – Found Unconscious Victim

**11.00 am      Session 11      :      Effects of Heat (Burns & Scalds)**  
Fire, hot water, chemical, electrical  
Heat related disorder - heat stroke, heat exhaustion



# ST. JOHN AMBULANCE SARAWAK

## First Aid At Work Places

(With First Aid Certificates Upon Passing The Assessments)

- 11.30 am      Session 12      :**      **Patient Handling & Transport**  
Spinal Injuries  
Identifying spinal injuries  
Care of the injured victim  
Safe handling of patient
- 12.00 pm      MOULAGE      :**      **PUT IT ALL TOGETHER - Scenario Based Learning**  
Mockup / Drill
- 12.30 pm      LUNCHBREAK**
- 02.00 pm      Theory Assessment (Objective / Multiple Choice Questions)**
- 03.00 pm      BREAK**
- 03.15 pm      Practical Assessment**  
**- CPR / Choking / Bandaging / Immobilization / Transportation**
- 5.00 pm      END OF DAY 2 (END OF COURSE)**

### Notes:

1. Please dress in comfortable attire which will be easy to move in for the practical session.
2. Attire: Smart Casual – with long pants and covered shoes.
3. Bring along stationery such as a pen as you may need to make your own notes on the learning materials provided.
4. In order to be awarded a certificate, participants must fulfill the passing requirements of the course, which includes but is not limited to examination passing criteria, attendance criteria of at least 80% and completion of critical course components.
5. Instructors' schedules are subjected to changes and assigned instructors may be replaced when necessary.
6. We are committed to upholding the health and safety of our learners. For most people, the physical activity involved in our course should not pose a health threat. However, certain practical sessions would require participants to bend down, kneeling, crouching, lying on the floor and compressing on manikins. If you have any health conditions or concerns, please speak with your instructor before the course begins.