



BASIC OCCUPATIONAL FIRST AID

SABAH SKILLS & TECHNOLOGY CENTRE

Duration
2 Days

SSTC Member
RM 848.00

Non SSTC Member
RM 901.00

FSI's Member
RM 874.50

**Fee is inclusive of
refreshment, lunch,
course materials and
certificate of attendance**

***Rates inclusive of 6% GST**

INTRODUCTION

Prevention is still one of the best methods against accidents at the workplace. However, even the best preventive efforts sometime fail and it is therefore prudent to prepare for such eventualities. 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 programme will impart the basic practical knowledge of First Aid. Knowledge in first aid makes the difference between life and death.

COURSE CONTENTS

- Introduction to First Aid
- Wound and Bleeding
- Basic Life Support
- Shock
- Musculoskeletal Injuries
- Dressing, Bandages and Splints
- Moving the Victim
- Burn Injuries
- Poisoning
- Eye Injuries
- Amputation
- Hazard Identification
- Practical session and Assessment

WHO SHOULD ATTEND

Industrial Workers, OSH Practitioners

METHODOLOGY

Course delivery is in line with adult learning principles incorporating classroom instruction and hands-on activities to meet the competency requirements which includes lectures, practical and assessment.

RESOURCE PERSON

NIOSH Trainer.

Sabah Skills & Technology Centre

No. 8, Jalan 1C, KKIP Selatan, Industrial Zone 1 (IZ1), KKIP, 88460, Kota Kinabalu, Sabah

Tel: 088-496613/4 (Ms. Jennifer/ Eveynne) Fax: 088-499615,

Email: jennifer@sstc.org.my / eveynne@sstc.org.my

Website : <http://sstc.org.my>