



<b>COURSE TITLE</b>	: Basic Occupational First Aid	<b>COURSE CODE</b>	: BOFA
<b>COURSE DURATION</b>	: 2-day(s) / 13.00-hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency	<b>VALIDITY</b>	: 3 years
<b>HRD CORP SCHEME</b>	: Claimable	<b>EXAMINATION FEE</b>	: RM150.00
<b>COURSE FEE</b>	: RM756.00 (inclusive of 8% SST)		
<b>TOTAL FEE</b>	: RM906.00 (inclusive of 8% SST)		

**1. OBJECTIVE(S):**

At the end of the course, the participant will be able to:

- i. Response to medical emergencies in safely manner.
- ii. Perform basic first aid skills.

**2. TARGET GROUP(S):**

- i. Industrial workers.
- ii. OSH practitioners.

**3. ENTRY REQUIREMENT(S):**

- i. None.

**4. TOPIC(S):**

- i. Introduction to First Aid.
- ii. Wound and Bleeding.
- iii. Basic Life Support.
- iv. Shock.
- v. Musculoskeletal Injuries.
- vi. Dressing, Bandages and Splints.
- vii. Moving the Victim.
- viii. Burn Injuries.
- ix. Poisoning.
- x. Eye Injuries.
- xi. Amputation.
- xii. Hazard Identification.
- xiii. Practical Session and Assessment.



**5. LIST OF REFERENCE BOOK(S):**

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.

**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.
- iii. Practical.

	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
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**TAJUK KURSUS : ASAS PERTOLONGAN CEMAS PEKERJAAN**  
**COURSE TITLE : BASIC OCCUPATIONAL FIRST AID**

**HARI PERTAMA**

TIME	HOUR	TOPIC	TRAINER / FACILITATOR
0830 - 0900	0.50	Pendaftaran & Taklimat	NIOSH
0900 - 0945	0.75	Pendahuluan Pertolongan Cemas	
0945 – 1030	0.75	Pengenalpastian Hazard – Garis Panduan (based on audience)	
1030 - 1045	0.25	MINUM PAGI	
1045 - 1130	0.75	Sambungan	
1130 - 1300	1.50	Rawatan Pertolongan Cemas (Teori) <ul style="list-style-type: none"> <li>• Renjatan</li> <li>• Luka</li> <li>• Patah</li> <li>• Keracunan</li> <li>• Terbakar</li> <li>• Lain – lain kecederaan dan pemindahan mangsa</li> </ul>	
1300 - 1400	1.00	MAKAN TENGAHARI	
1400 – 1530	1.50	Sambungan	
1530 - 1545	0.25	MINUM PETANG	
1545 - 1745	2.00	Bantuan Hidup Asas – CPR dan Tercekik (Teori)	
	<b>7.25</b>	<b>TAMAT HARI PERTAMA</b>	

## HARI KEDUA

TIME	HOOR	TOPIC	TRAINER / FACILITATOR
0830 – 0900	0.50	Sesi Ulangkaji	
0900 – 1000	1.00	CPR (Praktikal)	
1000 – 1015	0.25	MINUM PAGI	
1015 – 1300	2.75	Pengurusan Rawatan Trauma (Praktikal) <ul style="list-style-type: none"> <li>• Renjatan</li> <li>• Balutan</li> <li>• Bebatan</li> <li>• Tuapan</li> </ul>	
1300 - 1400	1.00	MAKAN TENGAHARI	
1400 – 1530	1.50	Simulasi	
1530 – 1545	0.25	MINUM PETANG	
1545 - 1745	2.00	Penilaian	ECD
	<b>5.75</b>	<b>TAMAT KURSUS</b>	