



COURSE TITLE	: Basic Occupational First Aid	COURSE CODE	: BOFA
COURSE DURATION	: 2-day(s) / 13.00-hour(s)	COURSE LEVEL	: Basic
COURSE CATEGORY	: Competency	VALIDITY	: 3 years
HRD CORP SCHEME	: Claimable (10001133032)	EXAMINATION FEE	: RM150.00
COURSE FEE	: RM756.00 (inclusive of 8% SST)		
TOTAL FEE	: 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. Able to read, write and communicate verbally in Malay/ English.

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.

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.

TAJUK KURSUS : ASAS PERTOLONGAN CEMAS PEKERJAAN
COURSE TITLE : BASIC OCCUPATIONAL FIRST AID

HARI PERTAMA

TIME	HOUR	TOPICS	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) • Renjatan • Luka • Patah • Keracunan • Terbakar • Lain – lain kecederaan dan pemindahan mangsa	
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)	
	7.25	TAMAT HARI PERTAMA	

HARI KEDUA

TIME	HOUR	TOPICS	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) • Renjatan • Balutan • Bebatan • Tuapan	
1300 - 1400	1.00	MAKAN TENGAHARI	
1400 – 1530	1.50	Simulasi	
1530 – 1545	0.25	MINUM PETANG	
1545 - 1745	2.00	Penilaian	ECD
	5.75	TAMAT KURSUS	