MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

PROVIDE CARDIOPULMONARY RESUSCITATION

"Every Second Counts — Learn to Save a Life."

Schedule

Venue	Fees
In-House	ASK FOR THE QUOTATION

► **Available delivery methods:** In-House Training

Introduction

This essential and practical course teaches participants the lifesaving skills required to perform effective CPR on adults, children, and infants. Grounded in globally recognized guidelines, the course empowers individuals to respond quickly and confidently in sudden cardiac arrest or respiratory failure situations — both in the workplace and community.

Objectives

At the end of this course, participants will be able to:

- Recognize signs of cardiac arrest and unresponsiveness
- Perform CPR using chest compressions and rescue breaths
- Use an Automated External Defibrillator (AED) effectively
- Ensure safety for themselves and the casualty
- Provide appropriate aftercare and report incidents correctly

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Why Attend

- Be prepared to act in life-threatening emergencies
- Meet workplace and public safety legal requirements
- Gain confidence in managing high-pressure first-response scenarios
- Become a vital first responder in your home, office, or community

Target Audience

- General employees in all industries
- School and childcare staff
- Office personnel and corporate teams
- Parents, caregivers, and community volunteers
- Security, hospitality, and transport personnel

Individual Benefits

- Acquire a nationally/internationally recognized CPR certification
- Be equipped to save lives inside and outside the workplace
- Improve readiness to respond calmly and correctly in emergencies
- Strengthen leadership and responsibility in safety roles

Organizational Benefits

- Comply with workplace health and safety regulations
- Increase onsite emergency preparedness
- Enhance employee confidence and wellbeing
- Reduce workplace fatalities and liability

Instructional Methodology

- Instructor-led training with certified CPR professionals
- Use of CPR manikins and AED trainers
- Realistic simulations and group practice
- Short lectures, demonstrations, hands-on sessions
- Skill assessment and knowledge checks

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Course Outline

DETAILED 5-DAY COURSE OUTLINE (CUSTOMIZABLE)

Training Hours: 7:30 AM – 3:30 PM **Daily Format:** 3–4 Learning Modules | ☕ Coffee Breaks: 09:30 & 11:15 | 🍱 Lunch Buffet: 01:00 – 02:00

Note: This course can be customized as a 1-day, 2-day, or full 5-day CPR & Emergency Response workshop.

Day 1: CPR Foundations and Theory

- **Module 1:** Understanding Cardiac Arrest – Signs and Causes (07:30 – 09:30)
- **Module 2:** Legal Considerations and Duty of Care (09:45 – 11:15)
- **Module 3:** DRSABCD Action Plan (11:30 – 01:00)
- **Module 4:** CPR Basics – Chest Compressions and Rescue Breaths (02:00 – 03:30)

Day 2: Practical CPR Skills and Scenarios

- **Module 1:** Hands-Only vs. Full CPR – When and How (07:30 – 09:30)
- **Module 2:** Adult, Child, and Infant CPR Techniques (09:45 – 11:15)
- **Module 3:** Team CPR – Coordinated Response Practice (11:30 – 01:00)
- **Module 4:** Simulation Drills – Real-Life Emergency Scenarios (02:00 – 03:30)

Day 3: Defibrillation and Supportive Care

- **Module 1:** Introduction to AED – Operation and Safety (07:30 – 09:30)
- **Module 2:** Integrating AED into CPR Sequence (09:45 – 11:15)
- **Module 3:** Recovery Position and Post-CPR Monitoring (11:30 – 01:00)
- **Module 4:** Practical Session – AED + CPR Integrated Response (02:00 – 03:30)

Day 4: CPR in Special Situations

- **Module 1:** CPR for Drowning, Trauma, and Shock (07:30 – 09:30)
- **Module 2:** Managing CPR in Confined and Public Spaces (09:45 – 11:15)
- **Module 3:** Emotional Readiness and Managing Panic (11:30 – 01:00)
- **Module 4:** Peer Assessment and Practice Feedback (02:00 – 03:30)

Day 5: Final Practice and Certification

- **Module 1:** CPR Review and Critical Concepts Recap (07:30 – 09:30)
- **Module 2:** Final Practical Assessment (09:45 – 11:15)
- **Module 3:** Written Quiz and Group Discussion (11:30 – 01:00)
- **Module 4:** Certification Ceremony and Wrap-Up (02:00 – 03:30)

Certification

Participants will receive a **CPR Certification Card** valid for 1–2 years (depending on national standards), aligned with **International Liaison Committee on Resuscitation (ILCOR)** guidelines.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

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In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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