MAWA EVENTS

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

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

CPR & FIRST AID (001, 002 & 003)

"Learn to Save Lives — Master CPR, First Aid & Emergency Response with Hands-On Training."

Schedule

Venue	Fees
In-House	ASK FOR THE QUOTATION

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

Introduction

In emergencies, every second counts. This intensive 5-day course offers comprehensive training in **Cardiopulmonary Resuscitation (CPR)** and **First Aid** procedures through modules 001, 002 & 003. Designed to equip participants with practical, hands-on life-saving skills, the course meets international safety standards for workplace, community, and remote environments. Scenarios include cardiac emergencies, choking, wounds, trauma, burns, and environmental hazards.

Objectives

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

- Perform adult, child, and infant CPR
- Use an Automated External Defibrillator (AED) effectively
- Manage airway obstructions, choking, and unconscious patients
- Administer first aid for wounds, bleeding, fractures, burns, and bites
- Assess and respond to medical and environmental emergencies
- Work effectively in teams during emergencies

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Why Attend

Accidents happen anytime, anywhere. This course empowers participants to take immediate, correct actions during emergencies, potentially saving lives at work, home, or in public. It also meets compliance needs for safety-critical industries and remote teams.

Target Audience

- Workplace safety officers and ERT teams
- Field staff, engineers, and construction workers
- Parents, teachers, childcare providers
- Healthcare assistants and security personnel
- Any individual or group seeking basic life support certification

Individual Benefits

- Acquire critical, confidence-boosting life-saving skills
- Increase personal and family safety
- Fulfill occupational safety requirements (OSHA/ILO aligned)
- Get certified in CPR & First Aid (valid internationally)

Organizational Benefits

- Meet industry and legal safety compliance standards
- Enhance employee preparedness for emergencies
- Reduce liability and emergency response times
- Foster a culture of safety and readiness

Instructional Methodology

- Practical, instructor-led demonstrations
- Mannequin-based CPR and AED hands-on practice
- Live first aid scenario simulations
- Safety response drills and checklists
- Video aids, role-play, and group skill assessments

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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

Day 1: Introduction to CPR & First Aid

Module 1: Principles of Basic Life Support (07:30 – 09:30)

Module 2: Scene Safety, Primary Assessment & Emergency Activation (09:45 – 11:15)

Module 3: CPR for Adults, Children & Infants (11:30 – 01:00)

Module 4: AED Setup & Operation (Hands-On) (02:00 – 03:30)

Day 2: Airway and Breathing Emergencies

Module 1: Managing Choking Victims – Adults & Infants (07:30 – 09:30)

Module 2: Rescue Breathing & Ventilation Techniques (09:45 – 11:15)

Module 3: Recovery Positions & Oxygen Use (11:30 – 01:00)

Module 4: CPR Practical Assessment I (02:00 – 03:30)

Day 3: First Aid – Trauma & Injury Response

Module 1: Bleeding, Cuts, and Shock Management (07:30 – 09:30)

Module 2: Fractures, Dislocations & Spinal Injuries (09:45 – 11:15)

Module 3: Burns, Electrocution & Thermal Emergencies (11:30 – 01:00)

Module 4: Role-Play Scenario Drills (02:00 – 03:30)

Day 4: Medical & Environmental Emergencies

Module 1: Heart Attack, Stroke, Seizures, & Diabetes (07:30 – 09:30)

Module 2: Allergies, Asthma, Poisoning & Overdose (09:45 – 11:15)

Module 3: Heat Exhaustion, Hypothermia & Animal Bites (11:30 – 01:00)

Module 4: Group Workshop: Response Kit Setup (02:00 – 03:30)

Day 5: Review, Drills & Certification

Module 1: CPR & First Aid Combined Simulation (07:30 – 09:30)

Module 2: Written & Practical Assessments (09:45 – 11:15)

Module 3: Feedback, Certification Brief & Emergency Planning Tips (11:30 – 01:00)

Module 4: Final Q&A, Certificate Distribution, Photos (02:00 – 03:30)

Certification

Participants will receive a **CPR & First Aid Certification (Modules 001–003)** valid for **2 years**, issued by an internationally recognized body (e.g., American Heart Association, Red Cross, or equivalent), covering adult, child & infant CPR + First Aid + AED.

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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