

## Basic First Aid / CPR Course - Course Code 4000

- **Aim & Objectives:**
  - To give information and heighten awareness of the essential first aid principles
  - To give students the opportunity to practice these essential skills.
  - Provides the student with an understanding of the function of the respiratory system.
  - Provides the student with an understanding of the function of the circulatory system.
  - Enables the student to carry out a systematic assessment of the casualty and to ensure nothing is overlooked
  - Enables the student to recognize the need for and have the ability to perform emergency life support techniques. Recognition of obstructed airway and choking management.
  - Enables the student to recognize and manage internal and external bleeding.
  - Enables the student to recognize and manage the unconscious casualty.
  - Enables the student to recognize and manage shock.
- **Course content:**
  - 08:00-08:10 Introduction
  - 08:10-08:20 Aims and Objective
  - 08:20-08:40 Primary Survey, Emotional Support and Safety at the scene
  - 08:40-09:30 Practical – Approaching to accident – Primary survey practical
  - 09:30-10:00 Respiratory and Circulatory system
  - 10:15-10:25 Rescue Breathing theory
  - 10:25-11:00 Practical – Rescue Breathing (RB) – with students participation
  - 11:00-11:10 Cardio Pulmonary Resuscitation (CPR) theory
  - 11:10-12:00 Practical – CPR practical session
  - 13:00-14:00 Review theory and practical – Primary Survey, Rescue breathing & CPR
  - 14:00-14:30 Recognition and Management of Bleeding
  - 14:30-15:00 Practical – Management of Bleeding
  - 15:15-15:30 Management of the Unconscious victim
  - 15:30-15:45 Reporting & Recording, Personal Hygiene
  - 15:45-16:00 Participants feedback (Questioner)
  - 16:00-16:10 End of program
- **Course Duration:** One (1) day – 8 hours
- **Course Fee:** On request – at PT. Samson Tiara's training facility, Cilegon, Banten (minimum 10 participants per batch). Course fee includes transport to & from station pointed in Jakarta to/from the training centre, Cilegon, Banten, student's workbook, usage of training equipments, certificate/ID card and lunch. The course price excludes VAT/PPN 10%.
- **Certificate:**

All persons who successfully complete the course based on the performance standards will receive

  - PT Samson Tiara / Survival Systems Asia certificate for Basic First Aid / CPR Course - Course Code 4000; and
  - A laminated wallet course qualification card.

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