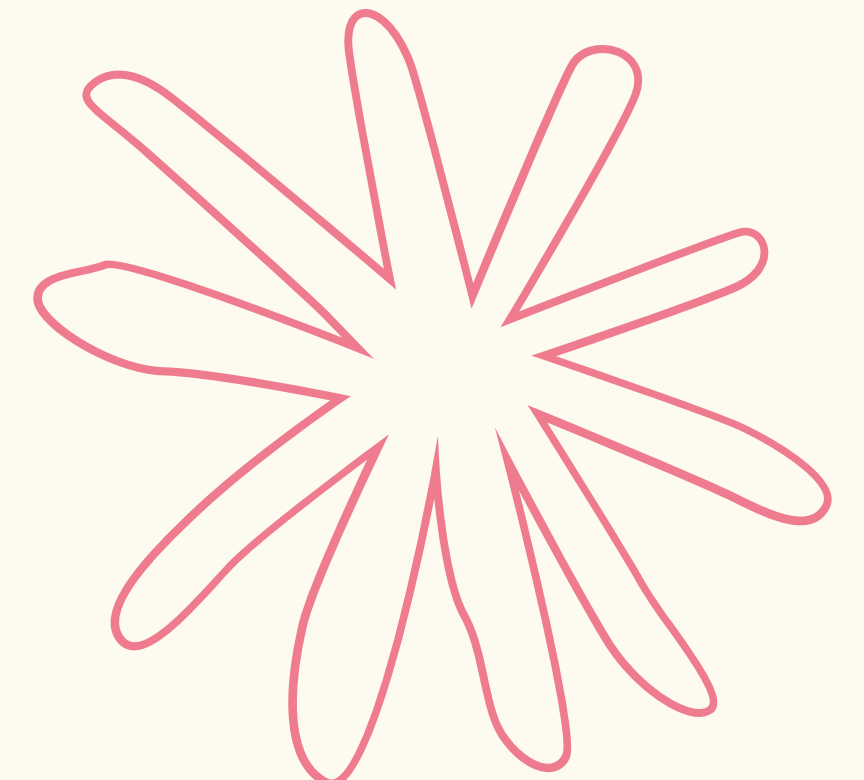


FIRST AIDERS REFRESHER TRAINING



27TH SEPTEMBER 2023
PONDEROSA GOLF & COUNTRY RESORT



TOPIC OUTLINE

First Aid means the initial help that is delivered to the sick and injured by the first responder before the arrival of healthcare personnel.

#1 EMERGENCY ACTION - CPR & AED

#2 FOREIGN BODY AIRWAY OBSTRUCTION (CHOKING)

#3 DRESSINGS AND BANDAGING

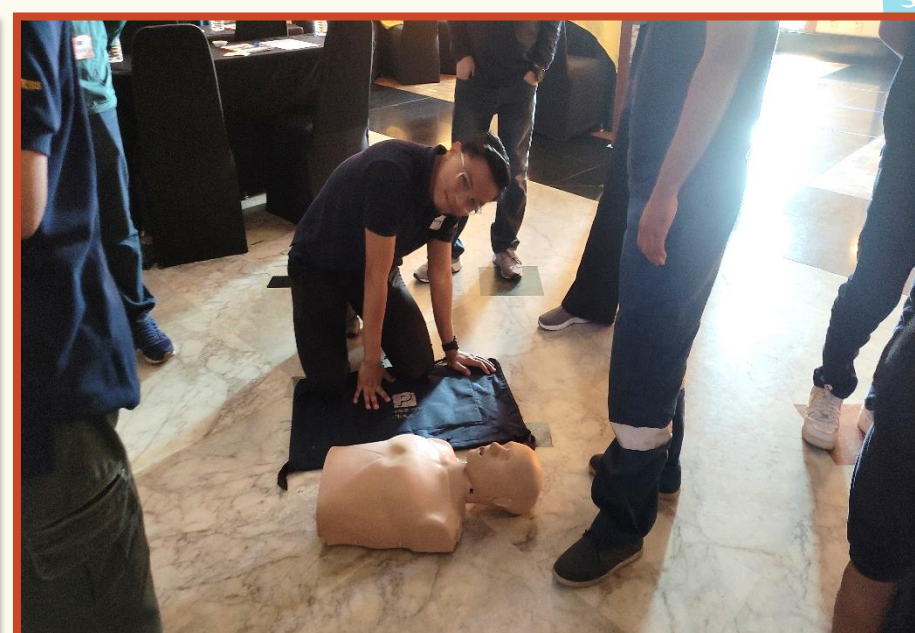
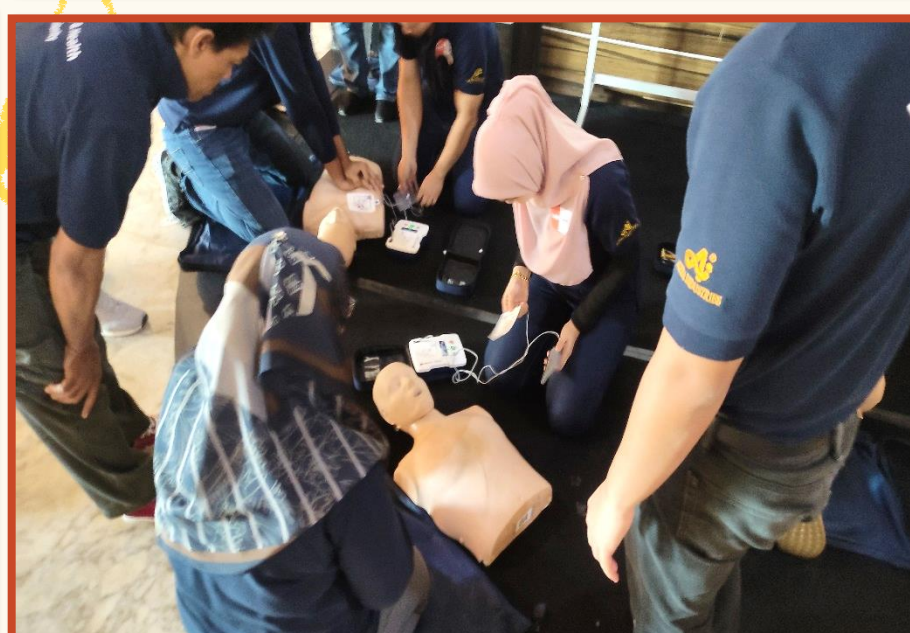
#4 MOCK DRILL AND SKILL ASSESSMENT

#5 GROUP PHOTO



Emergency Action CPR & AED

Every participants do a practical for CPR for adult, child and infant and recovery position



Step By Step Emergency Action CPR & AED

Step 1



Call for Help



Start CPR



Restart Heart

Step 2

Step-by-Step CPR Guide

1. Shake and shout



2. Call 999



3. Check for breathing

Start CPR if no breathing.
Request AED.



4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second



6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths

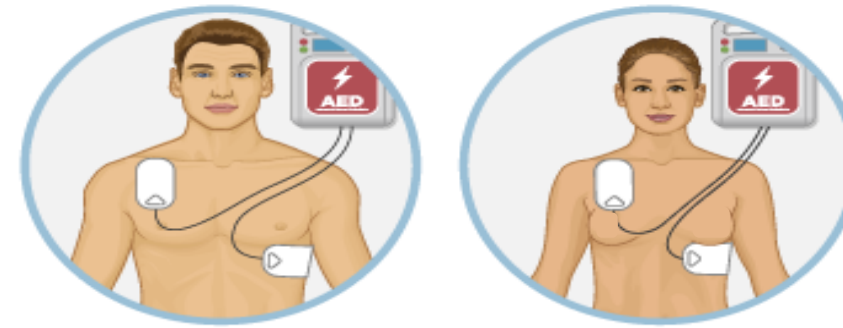
Repeat until ambulance come



Step 3

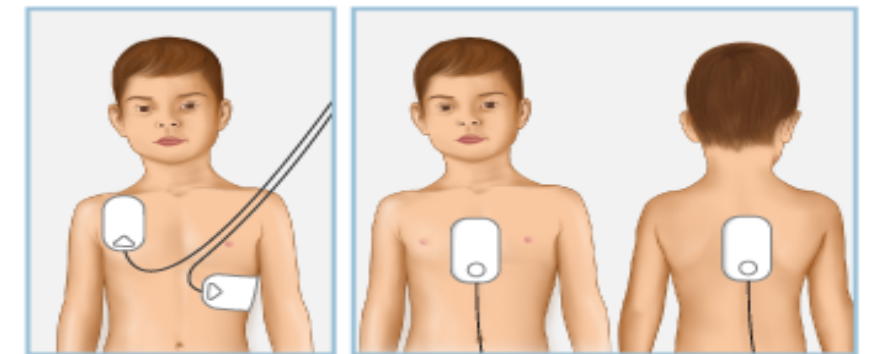
AED Pad Positions

Adult & Child > 8 years



Same pad position for both male/female adult and older child

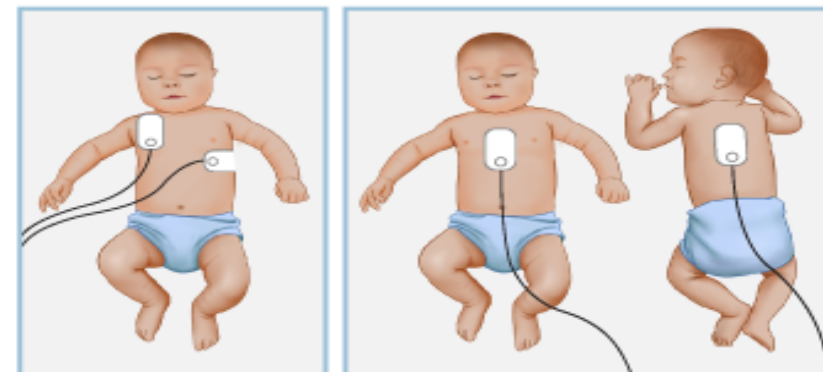
Child < 8 years



Pad position for male/female child

Alternate position for male/female child if the pads would touch

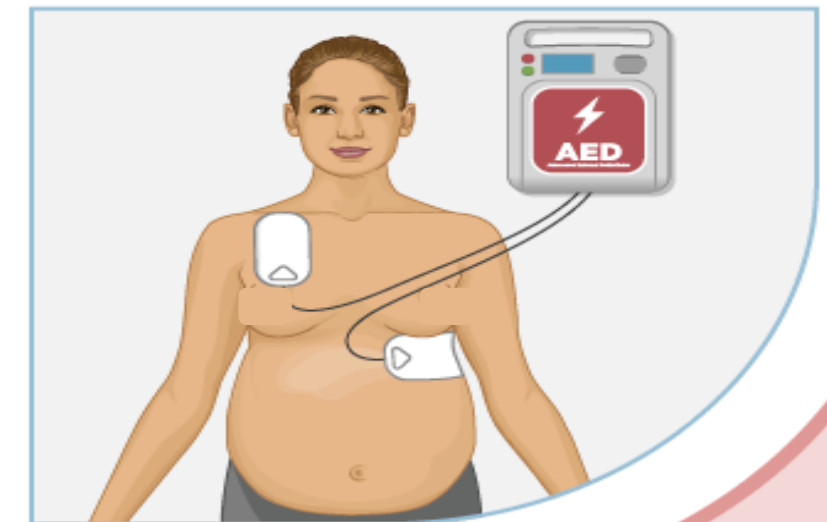
Infant



Pad position for male/female infant

Alternate position for male/female infant if the pads would touch

Pregnancy





Foreign Body Airway Obstruction

(Choking)

Choking management for adult, child and
infant



FIRST AID FOR CHOKING



You must act if there are any signs that a person can't speak, breathe or cough.

- SIGNS**
- Universal choking sign
 - Person cannot breathe, cough or speak
 - Person makes high pitched sounds when breathing
 - Lips and finger nails may become blue

Ask, "Are you choking?" If the person gesture yes, stand behind the person, wrapping your arms around the person's waist.



- Make a fist with one hand



- Hold with the other hand against the person's abdomen



- Between the navel and lower end of breast bone

Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food or object is forced out.

If the person becomes unresponsive,

- Call 999 local EMS Telephone
- Return to the person
- Lay the person flat on his or her back
- Open his or her mouth
- Remove the object if you see it



- If the object is not seen :
- Tilt his or her head back
 - Begin CPR
 - Look for the object each time you open the airway



- Continue rescue breaths and chest compressions until rescue personnel arrive



Dressings and Bandaging

During this session, we learn first aid kit familiarization, basic bandaging techniques & bandaging different injuries



Wound Dressing Steps



1. Clean the wound with sterilized water or saline solution & dry the surrounding skin gently.

2. Remove dressing from packaging & apply dressing directly to the wound.



3. Cover & secure with an appropriate secondary dressing.

Dressings and Bandaging

Basic Bandaging



Cut Injury



Foot Injury



Knee Injury



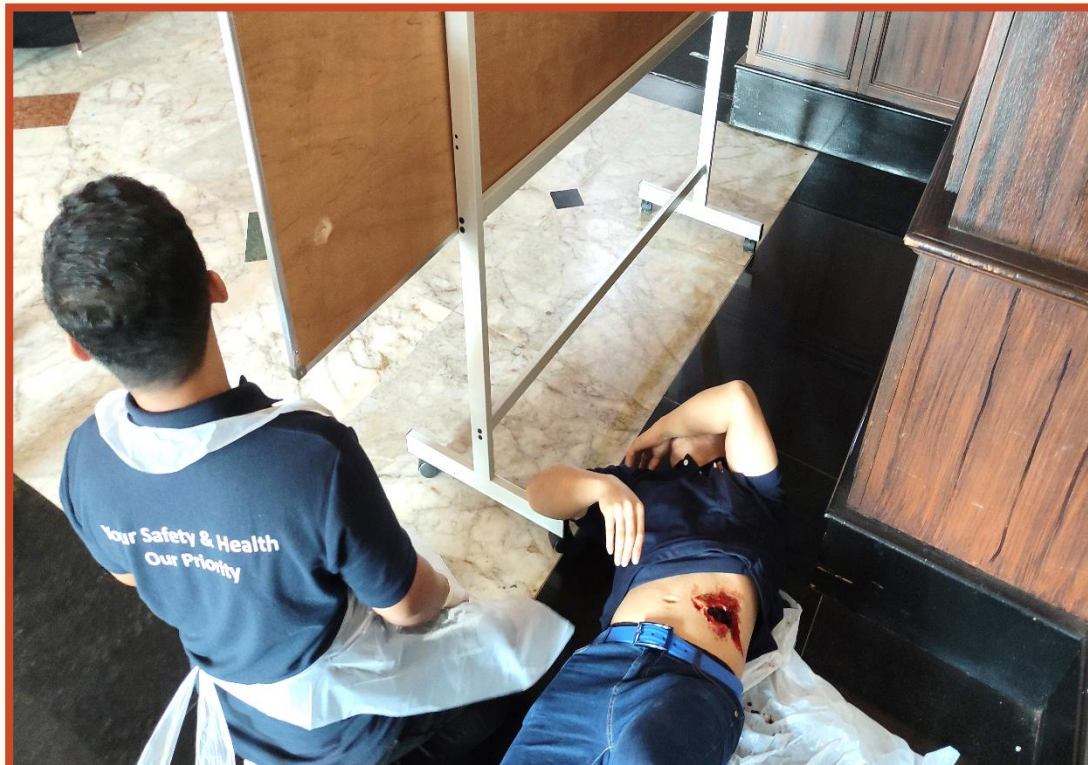
Hand Injury



The wound must be neatly bandaged without revealing any blood to prevent bacterial infection.

Mock Drill and Skill Assessment

During this session, we have done real-like scenario based practical assessment, postmortems and de-briefing from trainer.





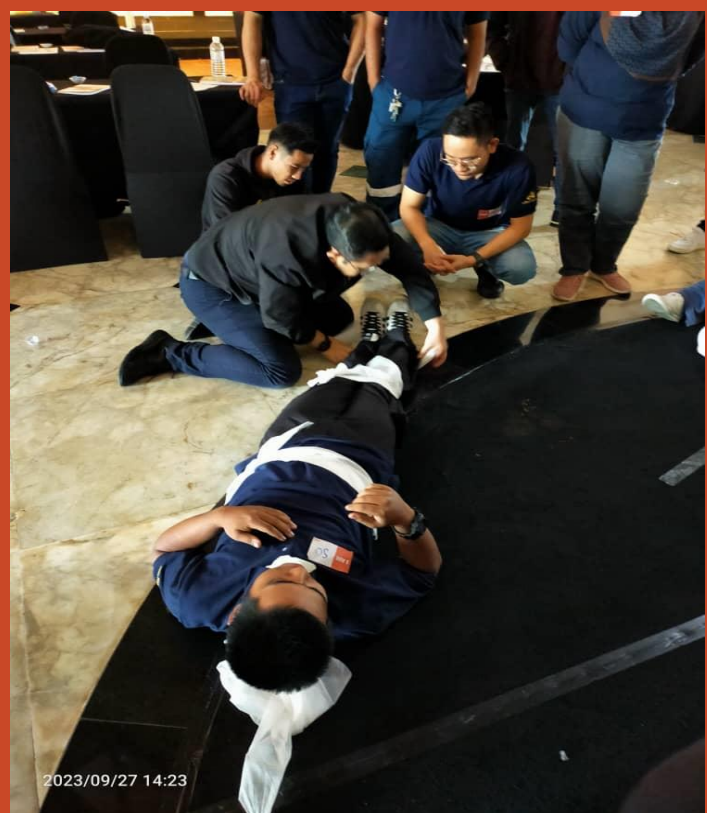
GROUP PHOTO



GROUP PHOTO



PHOTO GALLERY



* PHOTO GALLERY *

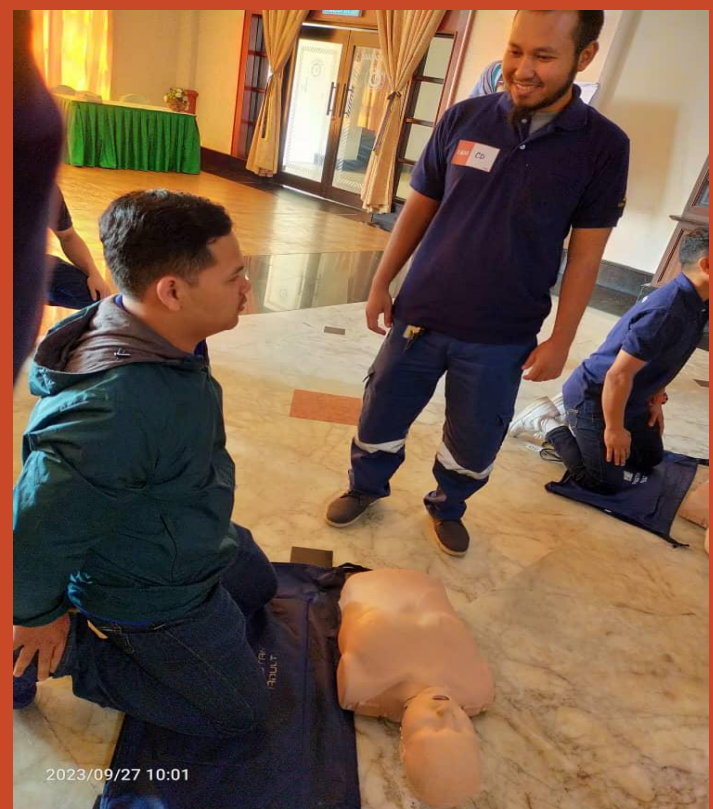


PHOTO GALLERY

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THANK YOU!

