



## INTRODUCTION TO BASIC FIRST AID & CPR 6<sup>th</sup> MAY & 13<sup>th</sup> MAY 2016



On 6<sup>th</sup> & 13<sup>th</sup> May 2016, 2 separate training workshops on Introduction to Basic First Aid & CPR were held at EITA Subang, Headquarter.

This training is opened especially to site personnel as it is a requirement to have a background or basic training on First Aid & CPR. This is to ensure our staff can act correctly during emergency occurrences.

The training was conducted by Mr. Govinda Ram for the 1<sup>st</sup> session while for the 2<sup>nd</sup> is Mr. Devan Naidu. Both were very knowledgeable and share their wealth of experience in saving lives.



The key objectives of this training are to save people lives, to prevent victim to become more seriously injured, to lessen the pain and the importance of getting the victim to the hospital soonest possible.



It was indeed an interesting and very hands-on workshop covering 2 areas which are Basic First Aid & CPR (Cardiopulmonary resuscitation). The participants learnt the various methods of bandaging from small to big wounds, burn victims & handling choking for adults, children and babies.

As for CPR, the participants were taught the DRCAB steps, which stands for;

- D- Danger (ensure you & victim are removed from any danger)
- R- Response (check for victim response by calling his/her name or simply said firmly & loudly "Hello" several times)
- C- Compression (30 times of chest compressions A- Airway (ensure victim's airway is open)
- B- Breathe (continued with mouth-to-mouth resuscitation)

