



FMM Institute

Co. No: 199901000527 (475427-W)
Perak Branch



OCCUPATIONAL EMERGENCY FIRST AID AND CPR (AED)

July 13-14, 2026 (Monday-Tuesday) 8.45am – 5.00pm FMM Institute, Perak

This is a two days program which will impart to participants the basic knowledge as well as skills of rendering First Aid and CPR to enable them to deal with common injuries at the workplace and life-saving skills of CPR.

.... COURSE CONTENTS....

MODULE 1 - Introduction to First Aid

- Definition
- Objectives of First Aid
- Basic First Aid Principles
- Basic First Aid Equipment
- *Practical : Identifying first aid equipment & their usage*

MODULE 2 - Wound and Bleeding

- Types of wounds (open, closed)
- Basic wound management
- Special wound management - impalement, avulsion
- Types of bleeding
- Signs and symptoms of bleeding
- Basic principles of management of bleeding
- *Practical : Types of dressing and bandages*
- *Reef knot*
- *Techniques of wound cleaning*
- *Techniques of bandaging*

MODULE 3 - Shock

- Definition
- Causes of shock
- Signs & symptoms of shock
- General Management of shock

- Management of Electrical Shock

MODULE 4 - Musculoskeletal Injuries

- Types of fracture
- Signs & symptoms of fracture
- Management of fracture
- Signs & symptoms of joint injuries
- Management of joint injuries
- *Practical : Splints & splinting techniques*

MODULE 5 - Head & Spine Injuries

- Sign and symptom of Head Injuries
- Management of head injuries
- Sign and symptom of Spine injuries
- Management of spine injuries
- *Practical : Immobilising the head and spine*

MODULE 6 - Burns Injuries

- Severity of burns
- Basic principles of burns management
- Management of Electrical Burn
- *Practical : Burns dressing*

MODULE 7 - Cardiopulmonary Resuscitation – (CPR)

- Video presentation of CPR and Choking techniques
- Demonstration on CPR and how to use AED
- Recognize a medical emergency
- Handle breathing and cardiac emergencies
- Act appropriately and effectively and sustain life until professional help arrives
- Prevent disease transmission
- Identify and care for bleeding, sudden illness and injuries
- *Practical : Hands-on CPR with AED session*
- *Heimlich maneuver*

MODULE 8 - Patient Transport

- *Practical : Lifting and dragging techniques*
- *Basic stretcher techniques*

MODULE 9 - Assessment

.... TRAINER....

ENCIK SYAMSUL KAMAL IBRAHIM holds a Diploma in Paramedical Sciences from Cyberjaya University College of Medical Sciences (CUCMS). He is also Executive Member of Malaysian Association of Pre-Hospital Paramedic Practitioners (MAPPP) since March 2011 until now and Executive Member of Medic Alert Foundation Malaysia. He has also attended and obtained various certificates in professional course among them are Basic and Advance Trauma Life Support, International Trauma Life Support, ASIA Navigator Emergency Dispatcher Course, Transportation of Critically ill Patient, Disaster & Exercise Management, Emergency First Aid & CPR Instructor course, AMC Advance Ambulance Defensive Driving Course, HAZMAT programme, Health Care Management Programme. He has also participated in numerous exercises at national, state, and local levels involving various organizations in emergency rescue work.

His vast experience and unlimited knowledge in the field of medical emergencies, traumatology and life support has enabled him to manage and conduct numerous healthcare programmes and courses for various group of participant among which are the Petronas, Tenaga Nasional Berhad, Malaysia Airport Berhad, Jabatan Pertahanan Awam, Dewan Bandaraya K. L, MALAKOF, TESCO, Jabatan Perdana Menteri, NIOSH, DOSH, Pusat Rawatan Islam (PUSRAWI), Pusat Sains Negara, Boustead, Prolintas, Time Dot Com, PLUS, Uniten, ILSAS, Felda Global Ventures and various others.

With a proven class track record, a wide circle of people from various types of industries and category of job and organizations have benefited from his excellence skillful presentations. Course participants praise his dynamic presentation style as well as his ability to make the course participants to actively involve in the course to get results.

.... CERTIFICATION....

- ➔ **OCCUPATIONAL EMERGENCY FIRST AID & CPR (AED) CERTIFICATE** will be awarded to participants who pass the assessment.
- ➔ Participants who fail the assessment but achieve 75% attendance will only be awarded with **CERTIFICATE OF ATTENDANCE**.

.... OBJECTIVES....

Upon completion of the course, participants will be able to:

- ↪ Be aware of the importance of proper safety procedures and principles of a healthy lifestyle;
- ↪ Understand basic first aid principles and its procedures;
- ↪ Identify common injuries at the workplace and how to deal with these injuries; and
- ↪ Possess life-saving and life-sustaining skills.

... WHO SHOULD ATTEND...

This programme is specially designed for all the Management Staff, Supervisors, Production Workers and especially those in high risk category at workplace.

Closing Date: JUNE 26, 2026

.... COURSE DETAILS....

Date **July 13-14, 2026 (Monday-Tuesday)**
 Time **8.45am - 5.00pm**
 Venue **FMM Institute Perak**
No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak
 Medium of Instruction **English/BM**
 CPD **14 hours**
 Fees **Members RM1,026.00/pax** **Non-Members RM1,188.00/pax**
(Fees inclusive of Service Tax at 8%, Course Materials, Refreshment, Lunch and Certificate)

.... ADMINISTRATIVE DETAILS....

HRD CORP CLAIMABLE COURSE DETAILS

- Training Provider: **FMM Institute Perak**
- MyCoID : **475427W_PERAK**
- HRD Corp Programme No: **Provided upon confirmation**

DISCLAIMER

The FMM Institute reserves the right to change the facilitator, date and to vary / cancel the course should unavoidable circumstances arise. All efforts will be taken to inform participants of the changes.

REGISTRATION

- Upon **Faxing/Mailing** the completed **Registration Form** to FMM Institute, you are **deemed** to have read and **accepted** the terms and conditions. The **course** would also be **deemed** as **confirmed** unless informed otherwise.
- Will be based on **First-Come-First served** basis.

PAYMENT

- **Cheques** made in favour of **"FMM Institute"** should be forwarded to FMM Institute Perak.
- For **HRD Corp Claimable Course**, an **Attendance of 100%** is a **must**, in any case, **employers will be billed in full**.
- FMM Institute SST Registration No. **W10-1901-32000105**
- FMM Institute TIN No. **C10626805080**

CANCELLATION

Must be in Writing with Reasons ▪ 7 days before the course – No payment charged ▪ 3 – 6 days before the course - 50% payment charged ▪ < 3 days before the course – Full payment charged ▪ Participants who did not turn-up will be charged full payment ▪ Replacements can be accepted at no additional cost

Register in Groups & Enjoy More Savings!

- 2-4 participants: 10% discount
- 5-7 participants: 15% discount
- 8-9 participants: 20% discount

~ Registration Form ~

OCCUPATIONAL EMERGENCY FIRST AID AND CPR (AED)

FMM Institute
 No 1, Lorong Raja DiHilir, 30350 Ipoh, Perak

Fax: 05-5488221

Dear Sir / Madam, please register the following participant(s) for the above programme.

1.	Name	Designation	
		HP No	
	NRIC	Email	
2.	Name	Designation	
		HP No	
	NRIC	Email	
3.	Name	Designation	
		HP No	
	NRIC	Email	

(Please attach a separate list if space is insufficient)

We hereby confirmed that *(Please tick (✓) in appropriate box):-*

- We **will be claiming from HRD Corp** and full payment would made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances
- We will **NOT BE CLAIMING from HRD Corp**. Enclosed cheque/bank draft No _____ for RM _____ being payment for _____ participant(s) made in favour of the **"FMM Institute"**.

Submitted by:

Name:	Designation:	
Company:	Tel:	Fax:
Address:		
Email:	FMM Membership No	