

# BASIC OCCUPATIONAL FIRST AID (BOFA)

This program is designed to train laypersons to become qualified first aiders in accordance with ACT 514 regulations. Participants will learn essential life support skills, including CPR, handling choking incidents, managing bleeding, treating wounds, burns, scalds, and fractures. The program includes theoretical presentations, practical sessions, and lifelike simulations with casualty makeup to equip participants with the necessary knowledge and skills to handle emergencies.

## By the end of the training, participants will be able to:

- Understand first aid principles and regulations
- Perform CPR and manage choking incidents
- Treat cuts, burns, fractures, and other injuries
- Conduct physical assessments
- Use first aid equipment effectively
- Apply best practices in medical treatment
- Communicate and collaborate during emergencies



**Date: 16 January 2025 (Thursday)**

**Time: 9.30 AM – 5.30 PM**



**Venue: Menara Lien Hoe, Level 4**



**Course Fee: RM 450.00 per pax**

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## SPEAKER



**Mr. Rohaizat**

*Certified First Aider | Certified Safety and Health Officer*

Mr. Rohaizat, a HRDC certified trainer is a highly knowledgeable and experienced trainer with a strong focus on first aid, safety, and health. As a certified first aider by St. John Malaysia, he has extensive experience in managing safety and health in various industries. He has successfully conducted numerous training programs aligned with safety and health guidelines, ensuring that participants are well-equipped to handle emergencies.



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## COURSE OUTLINE

### 9.30 AM Section 1:

- Pre-Test
- What is First Aid
- Regulation of First Aider (Ministry of Health Malaysia)
- Industry Requirement

### Section 2:

- Type of Incident
- Video Screening - First Aid on Minor Incident
- Treatment on (Cut, Bum, and Fracture)
- Treatment on (Epilepsy, Faint, Choking)
- Treatment on (Hyper, Hypo, Chemical)
- Treatment on (Shock, Heart Attack, Cardiac Arrest)

### 12.30 PM Lunch

### Section 3:

- CPR - Cardio Pulmonary Resuscitation
- Continuation of CPR
- Recovery Position
- Physical Assessment on CPR

### Section 4:

- Do's and Don'ts in the Medical Treatment
- Medical Box Requirement and Content

### Post-Test and Conclusion

- Summarizing the Learning Objectives

### 5.30 PM End of Programme

