



<b>COURSE TITLE</b>	: Basic Offshore Occupational First Aid	<b>COURSE CODE</b>	: OSFA
<b>COURSE DURATION</b>	: 4 day(s) / 25.50 hour(s)	<b>COURSE LEVEL</b>	: Basic
<b>COURSE CATEGORY</b>	: Competency	<b>EXAMINATION FEE</b>	: RM150.00
<b>HRDF SCHEME</b>	: SBL		
<b>COURSE FEE</b>	: RM901.00 (inclusive of SST)		

**1. OBJECTIVES:**

At the end of the course, the participant will be able to:

- i. Response to medical emergencies in safely manner.
- ii. Perform basic first aid skills for offshore.

**2. TARGET GROUP(S):**

- i. Offshore Workers.
- ii. OSH Practitioners.

**3. ENTRY REQUIREMENT(S):**

- i. Basic Life Support (CPR).

**4. TOPIC(S):**

- i. Principles of First Aid and Approach to an Incident.
- ii. Basic Anatomy and Physiology.
- iii. Vital Signs Assessment.
- iv. Cross Infection.
- v. Workplace First aid.
- vi. Bleeding and Shock.
- vii. Musculoskeletal Disorder.
- viii. Chest and Eye Injuries.
- ix. Dressing, Bandages and Sling.
- x. Head and Spinal Injuries.
- xi. Patient Transfer.
- xii. Burns and Electrical Injuries.
- xiii. Near Drowning.
- xiv. Poison.
- xv. Respiratory Emergencies.
- xvi. Cardiac Emergencies and Anaphylaxis.

**5. LIST OF REFERENCE BOOK(S):**

- i. -



**INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA**  
**NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH**

**KURIKULUM KURSUS**

*COURSE CURRICULUM*

TEL: 03 – 8911 3800 FAX: 03 – 8926 3900

URL: [www.niosh.com.my](http://www.niosh.com.my)





**6. LIST OF TEACHING AID(S):**

- i. LCD Projector.
- ii. Computer.
- iii. White Board with accessories.
- iv. Flip Chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.

Last updated on 01<sup>st</sup> June 2018 by PDD

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>			
	<b>COURSE SCHEDULE</b>			
	No. Dokumen	No. Pindaan	Tarikh	Muka Surat
NIOSH-PDD-CS-OSFA	00	30 Jan 2012	1 / 2	


**COURSE TITLE: BASIC OFFSHORE OCCUPATIONAL FIRST AID**

**DAY ONE**

TIME	HOUR	TOPICS	TRAINER/ FACILITATOR
0815 - 0845	0.50	Registration	NIOSH
0845 - 0900	0.25	Welcoming session and opening to the course	NIOSH
0900 - 0930	0.50	Principles of First Aid and Approach to an Incident	
0930 - 1030	1.00	Basic Anatomy	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1245	1.50	Vital Sign	
1245 - 1345	1.00	LUNCH	
1345 - 1515	1.50	Resuscitation Review	
1515 - 1615	1.00	Cross Infection	
1615 - 1630	0.25	AFTERNOON TEA BREAK	
1630 - 1730	1.00	Workplace First Aid	
	<b>7.00</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPICS	TRAINER/ FACILITATOR
0830 - 0930	1.00	Bleeding	
0930 - 1030	1.00	Shock	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1245	2.00	Musculoskeletal Disorder	
1245 - 1345	1.00	LUNCH	
1345 - 1515	1.50	Chest Injuries	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1700	1.50	Dressing, Bandages and Sling	
	<b>7.00</b>	<b>END OF DAY TWO</b>	

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### DAY THREE

TIME	HOUR	TOPICS	TRAINER/ FACILITATOR
0830 - 0930	1.00	Head Injuries	
0930 - 1030	1.00	Spinal Injuries	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1115	0.50	Continuation	
1115 - 1315	2.00	Patient Transfer	
1315 - 1415	1.00	LUNCH	
1415 - 1515	1.00	Eye Injuries	
1515 - 1615	1.00	Burn	
1615 - 1630	0.25	AFTERNOON TEA BREAK	
1630 - 1700	0.50	Electrical Injuries	
1700 - 1800	1.00	Near Drowning	
	<b>8.00</b>	<b>END OF DAY THREE</b>	

### DAY FOUR

TIME	HOUR	TOPICS	TRAINER/ FACILITATOR
0830 - 0930	1.00	Poison	
0930 - 1030	1.00	Respiratory Emergencies	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1145	1.00	Cardiac Emergencies	
1145 - 1215	0.50	Anaphylaxis	
1215 - 1230	0.25	Evaluation and Closing	NIOSH
1230 - 1330	1.00	LUNCH	
	<b>3.50</b>	<b>END OF THE COURSE</b>	

Last updated on 08<sup>th</sup> May 2015 by MHA, PDD