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|------------------------|---|------------------------|------------|
| <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>HRD CORP SCHEME</b> | : Claimable                             |                        |            |
| <b>COURSE FEE</b>      | : RM901.00 (inclusive of 6% SST)        | <b>EXAMINATION FEE</b> | : RM150.00 |
| <b>TOTAL FEE</b>       | : RM1,051.00 (inclusive of 6% SST)      |                        |            |

**1. OBJECTIVE(S):**

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. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.

**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.
- ii. Discussion.
- iii. Practical.

|   |   |                           |               |
|---|---|---------------------------|---------------|
|   | <b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b> |                           |               |
|   | COURSE SCHEDULE   |                           |               |
|   | Document No.<br>NIOSH-PDD-CS-OSFA                           | Revision No.<br>PDD190301 | Page<br>3 / 4 |

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

**DAY ONE**

| TIME        | HOUR        | TOPIC   | 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        | TOPIC                        | 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>        |                       |

### DAY THREE

| TIME        | HOUR        | TOPIC                   | 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        | TOPIC                    | 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> |                       |