


## Basic Occupational First-Aid Training at NHF

25th & 26th October 2022

Basic Occupational First Aid Training was held at our HQ office last month and it was conducted by Academy of Safety and Emergency Care Sdn Bhd (ASEC). This training is a comprehensive blend between the theory and practical session and ultimately would enable the participants to provide competent help and care to the injured or ill person during an emergency. The objective of this training is to ensure better workplace safety. It is also giving an exposure to the participants to gain knowledge when it comes to emergency or any accident situation in the workplace.

Several activities including **Cardiopulmonary Resuscitation (CPR)**, **Band-Aid**, and **Emergency Response Plan (ERP)** were taught in the training. Participants were being asked to perform first aid treatment for the injuries and a lot of hands-on experience was gained throughout the drill.

Picture	Detail
	<p data-bbox="946 814 1393 867"><i>Picture 1: Theory Session with the Trainer</i></p> <p data-bbox="914 909 1393 1003">The participants learnt about all the theories that are related to the basic First Aid</p>



*Picture 2: CPR Briefing & Practices*

The participants were assigned to groups for the CPR briefing and practice.



*Picture 3: Discussion Session*

This was a brainstorming session on the theoretical part about first aid basic training requirements.



*Picture 4: Emergency Response Training*

The participants were divided into two groups to act as victims and the emergency response team.

*Picture 5: CPR Test*

The participants would have to complete the CPR test in order to get the certificate for first aid basic training.



*Picture 6: Participants & Trainers*



The end of basic first aid training with ASEC's trainers.