



Basic Occupational First Aid & CPR Training

Trainer: Casrene Lim Yih Siah

Date: 7-8 September 2023 (Thursday - Friday)

Time: 9AM – 5PM

Venue: Pearl Point Hotel KL / Gleamy Center, KL

Day : **DAY 1**

Time	Topic	Description
0900 – 1015	1. FIRST-AID ESSENTIALS	<ul style="list-style-type: none">- Definition & Aims of First-Aid- Monitoring Vital Signs (Level of response, Pulse rate & Breathing rate)- Secondary Survey (SAMPLE)- Action at an Emergency- Telephoning for help- First-Aid Box- Casualty Handling
1015 – 1030	(Morning Break)	
1030 - 1300	2. CARDIO-PULMONARY RESUSCITATION (CPR)	<ul style="list-style-type: none">- Chain of Survivals- Common cause of Death- Unconscious (DRSABCD)- Cardio-Pulmonary Resuscitation (Adult CPR)- Recovery Position
	3. CHOKING	<ul style="list-style-type: none">- Mild Choking- Severe Choking
1300 – 1400	(Lunch)	
1400 – 1600	4. WOUNDS & BLEEDING	<ul style="list-style-type: none">- Cuts and Abrasion (Dressing)- Severe Bleeding (Bandaging)- Foreign Object in a Cut (Tetanus)- Amputation- Nosebleed
	5. BURNS & SCALDS	<ul style="list-style-type: none">- Burns & Scalds (Severe, Minor, Chemical)
	6. FRACTURE & SPINAL	<ul style="list-style-type: none">- Arm Injury (Arm Sling)- Leg Injury (Improvised Splint)- Immobilisation and transportation
1600 – 1615	(Afternoon Break)	

1615 – 1700	7. MEDICAL EMERGENCIES	<ul style="list-style-type: none"> - Asthma - Allergy - Heart Attack - Stroke - Fainting - Shock
	8. SPORT INJURIES	<ul style="list-style-type: none"> - Strains, Sprains & Bruise (RICE Management) - Cramp (Foot / Calf / Thigh)
	9. MISCELLANEOUS	<ul style="list-style-type: none"> - Question & Answer

Day : **DAY 2**

Time	Topic	Description
0900 – 1030	12. Revision	Automated External Defibrillator (AED) training
10.30-The End of the Examination	<i>Examination (Written & CPR) Port-mortem & Dismiss</i>	*Morning Break (1015-1030hrs) & Lunch (1300 -1400hrs)



TRAINER PROFILE

CASRENE LIM YIH SIAH

INTRODUCTION

Joined the St. John Ambulans Malaysia as a member in 1997 and had served the association actively for the past 25 years. I joined as a Cadet member and currently holding the position of Area Superintendent(Nursing) with SJAM-SDE Kawasan Selangor Barat.

WORKING EXPERIENCE

1. St. John Ambulans Malaysia - Kawasan Pantai Selangor
 - First Aid Trainer April 2008–current
2. Malaysia Airline Berhad
 - Cabin Crew April 2003–March 2008
3. St. John Ambulans Malaysia - Kawasan Pantai Selangor
 - Ambulance Attendant Jan 2002–March 2003

EDUCATION

1. Emergency Medical Technician-B (HUKM) (2001–2002)

OTHER PROFESSIONAL QUALIFICATION

1. Trainer (St. John Ambulans Malaysia–2001)

VOLUNTARY INVOLVEMENT

1. **ST. JOHN AMBULANS MALAYSIA**
 - Area Superintendent (Nursing) Feb 2019–current
 - Area Treasurer July 2007–Jan 2019
 - Area Officer Jan 2007–June 2007
 - Area Secretary Nov 2004–December 2006
 - Area Officer Jan 2004–October 2004
 - Divisional Officer October 2003–December 2003
 - Staff Sergeant October 2001–September 2003
 - Sergeant June 2000 –September 2001
 - Corporal July 1999–May 2000
 - Adult May 1998–June 1999
 - Cadet May 1998–June 1999



AWARD & ACHIEVEMENTS

1. **111th Anniversary Medal of St. John Ambulance**
-- Awarded by: St. John Ambulans Malaysia (on year 2019)
2. **Excellence Service Medal (Grade 4, Silver)**
– Awarded by: St. John Ambulans Malaysia (on year 2018)
3. **Serving Sister Of St. John (SSStJ)**
– Awarded by : Order of St. John (on year 2015)
4. **Long Service Award**
– Awarded by : Order of St. John (on year 2012)
5. **St John Ambulans Malaysia 100th Anniversary Medal (Silver)**
– Awarded by: St. John Ambulans Malaysia (on year 2008)
6. **5 Years Service Medal**
– Awarded by: St. John Ambulans Malaysia (on year 2004)
7. **Meritorious Service Medal (Grade 5, Bronze)**
– Awarded by: St. John Ambulans Malaysia (on year 2004)