



CENTRIC GROWTH



Program ID: 10001538961

2 Days Basic Life Support (BLS) & First Aid Training Program

Training Module

Module 1: Introduction & Adult CPR with AED

- Importance of BLS & role of a first responder
- Hands-on practice: Adult CPR & AED application

Module 2: Recovery Position, Pediatric CPR & Choking Management

- Placing an unconscious person in a safe position
- Differences in pediatric CPR & hands-on practice
- Heimlich maneuver for choking victims

Module 3: Drowning, Burns & Bleeding Management

- Rescue techniques & CPR for drowning victims
- First aid for burns & infection prevention
- Controlling bleeding with pressure techniques

Module 4: Hands-On Emergency Scenarios & Q&A

- Practical emergency response drills
- Group exercises for decision-making
- Recap of learning points & clarifications

Module 5: Trauma Response & Shock Management

- Recognizing and treating shock
- Immediate first aid interventions
- Hands-on application of trauma management techniques.

Module 6: Fractures, Sprains & Transportation of Injured Persons

- Handling fractures & sprains.
- Splinting techniques.
- Safe lifting and moving techniques for injured individuals.



Module 7: Poisoning, Overdose, Seizures & Environmental Emergencies

- Recognizing poisoning & overdose symptoms.
- Emergency response for seizures.
- Managing heatstroke, hypothermia & other environmental emergencies.

Module 8: Emergency Action Planning & Full-Scale Drills

Course objectives

- Perform CPR and use AED effectively in emergencies
- Respond to various medical conditions such as choking, bleeding, burns, fractures and poisoning.
- Handle trauma and shock management
- Implement emergency action plans and conduct scale drills
- Gain high confidence in providing first aid

Certification & Benefits

- Certification of completion
- Hands-on practice with professional instructors
- Course notes & training materials
- Practical simulation & drills
- Meals & refreshments



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Trainer Profile

DR. MAHENDRA

Emergency Medicine Specialist in Training | Certified ACLS & BLS Trainer

Dr. Mahendra is a dedicated emergency medicine professional with extensive expertise in resuscitation and trauma care. Currently serving as a Registrar at the A&E Department of Hospital Tengku Ampuan Rahimah, he holds multiple international qualifications, including MRCEM and FRCEM from the Royal College of Emergency Medicine.

As a certified ACLS & BLS trainer and HRDF-accredited trainer (2025), Dr. Mahendra specializes in delivering hands-on, high-impact emergency response training for healthcare professionals and the public. His expertise includes simulation-based education, advanced life support techniques, and structured emergency preparedness programs.

With a passion for lifesaving education, he actively conducts training workshops, CPR awareness campaigns, and research in bystander CPR effectiveness. His engaging, real-world training approach empowers participants with the skills and confidence to respond effectively in critical situations.



Methodology

1	Presentations
2	Group Discussions
3	Hands-on Practical
4	Case Studies

Who should attend?

- Corporate Employees
- Factory & Industrial Workers
- Healthcare Professionals
- Teachers & Childcare Providers
- Security Personnel & First Responders
- Community Volunteers & Caregivers



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 enquiry@centricgrowth.com.my

 +601111002986

 www.centricgrowth.com.my