

CPR - Basic Life Support

Help to Save Life

Course Overview

The difference between doing something and doing nothing could mean someone's life or death. As a fitness professional, we might face situations where we will need to provide primary care during emergency situations – you never know when you'll be required to perform a cardiopulmonary resuscitation (CPR). This course is suitable for fitness professionals, or anyone with limited or no medical training who need basic CPR and automated external defibrillator (AED) training to meet job regulations and requirements. All participants will be taught how to respond to life-threatening emergencies by providing primary care.

Note: Having a valid CPR certificate is required by all individuals who wish to pursue any certification course offered by FITM

Course Highlights

- Easy to follow, step by step guide to performing CPR
- Our certified EFR instructors know how to make learning CPR fun, effective yet impactful

Why Should You Consider This Course?

- You want to learn how to provide primary care during emergency situations
- As fitness professionals/soon-to-be you should equip yourself with emergency skills to allow your clients to train with you with a peace of mind that you know what to do in the case of emergency

What Are the Topics Covered?

- Perform adult CPR and how to use an AED on an adult
- Management of an adult choking situation
- Using the first aid kit
- Treatment of sprains, strains, as well as severe bleeding
- Implementation of the RICE method

Who Will This Benefit?

- Fitness Professionals
- Health Professionals
- Strength and Conditioning Professionals
- Sports Coaches
- Fitness Enthusiasts*
- General Public

Pre-requisite

N/A

Course Provider

Fitness Edutraining Asia (FEA)

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CEC Points

ACE 0.2 CECs

Course Duration

3 hours (1 day)

Learning Materials

Handouts, course manual and/or presentation slides

Awards

Upon meeting all requirements of this workshop/course, you will be awarded a Certificate of Successful Workshop/Course Completion.

Requirements are as such:

- full attendance
- completion of workshop/course
- passing all evaluations

Grading Criteria

The instructor will provide a live skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios

Recertification

This certification is valid for 2 years

Exam Fee

Retake fee: RM 100 (USD 25)

Course Capacity

A minimum of 12 pax and a maximum of 16 pax

Language

English, Mandarin

Information displayed above is correct during time of publishing and may subject to change without prior notice