

CPR - Basic Life Support

心肺复苏术—基础生命保护

Help to Save Life
拯救生命

Course Overview 课程介绍

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.

作为与无作为可影响一个人的存活。身为体适能训练专家，我们可能需要在面临紧急状况时提供基本照顾，而你永远无法预测何时需要执行心肺复苏术（CPR）。这项课程适合体适能从业者，或其他没经过医疗训练，想要学习基础 CPR 与使用 AED，来满足职业需求的人。所有参与者将会学习如何在生命垂危的适合为他人提供基本照顾。

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

注：参加任何由 FITM 开设的认证课程需持有有效的 CPR 证照。

Course Highlights 课程亮点

- Easy to follow, step by step guide to performing CPR
容易学习，一步步学习心肺复苏术
- Our certified EFR instructors know how to make learning CPR fun, effective yet impactful
我们的 EFR 指导员擅长让 CPR 学习有趣，有效。

Why Should You Consider This Course? 您为什么需要参与这项课程？

- You want to learn how to provide primary care during emergency situations
学习在遇到紧急情况时提供基本照顾
- 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
身为体适能训练专家，具备紧急护理技巧能够让在发生突发状况时应付自如，客户安心，你也安心。

What Are the Topics Covered? 课程内容包含了哪些主题？

- Perform adult CPR and how to use an AED on an adult
为成年人进行心脏复苏术并为其使用 AED
- Management of an adult choking situation
应付成人窒息的状况

- Using the first aid kit
学习使用急救箱
- Treatment of sprains, strains, as well as severe bleeding
应对扭伤, 拉伤以及严重出血
- Implementation of the RICE method
执行 RICE 方法

Who Will This Benefit? 这项课程适合谁 ?

- Fitness Professionals
体适能训练专家
- Health Professionals
医疗专家
- Strength and Conditioning Professionals
肌力与体能训练专家
- Sports Coaches
体育教练
- Fitness Enthusiasts
健身爱好者
- General Public
一般大众

Pre-requisite 参课条件

N/A

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE 0.2 CECs

Course Duration 课程时长

3 hours (1 day)

3 小时 (1 天)

Learning Materials 学习材料

Handouts, course manual and/or presentation slides
讲义, 课程手册和/或 ppt

Awards 证书

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

全程参与课程与完成作业后, 将获得结业证书

Requirements are as such:

达到标准如下 :

Fitness Edutraining Asia (FEA)

- full attendance
全程出席
- completion of workshop/course
完成课程
- passing all evaluations
通过测验

Grading Criteria 通过标准

The instructor will provide a live skills check; participants are required to demonstrate primary care skills, based on pre-set scenarios
讲师将会现场示范，并列出一份行动清单，参与者须在榆社场景中，示范基础照顾技能。

Recertification 重新认证

This certification is valid for 2 years
证照有效期限为两年

Exam Fee 考试费用

Retake fee: RM 100 (USD 25)
重考费用：RM100 (USD25)

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 16 pax
至少 12 人，最多 16 人

Language 语言

English, Mandarin
英文，中文

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