

## CPR - Basic Life Support (Refresher)

### 心肺复苏术 - 基本生命保护 (更新)

Help to Save Life

拯救生命

#### Course Overview 课程介绍

This is a refresher course for current FEA CPR certified candidate who needs to renew their CPR certificate.

这是其更新FEA心肺复苏术认证的课程。

#### Course Highlights 课程亮点

- Easy to follow, step by step guide to performing CPR  
易于遵循，逐步指导进行心肺复苏术
- Our certified EFR instructors know how to make learning CPR fun, effective yet impactful  
我们经过认证的EFR 讲师知道如何使 学习心肺复苏术变得有趣，有效而又有影响力

#### What Are the Topics Covered? 你为什么要考虑这门课程?

- To renew their CPR certificate
- 更新其心肺复苏术证书

#### 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
- Fitness Edutraining Asia (FEA)



体育教练

- Fitness Enthusiasts

健身爱好者

- General Public

一般大众

### **Pre-requisite 参课条件**

FEA CPR Certificate

FEA 心肺复苏术证书

### **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**

1.5 hours face to face PLUS 1.5 hours of online learning.

1.5 小时 面对面加上 1.5小时的在线学习。

### **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:

- 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

**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

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

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