

CPR & AED - 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 practitioner, 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 cardiopulmonary resuscitation (CPR). This course is suitable for fitness practitioners, 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 according to the American Heart Association (AHA) standards.

Note: Having a valid CPR & AED 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 according to the AHA standards
- Learn CPR in the easiest, most fun, effective yet impactful way
- Hands on practice on CPR manikin and AED training kit

Why Should You Consider This Course?

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

What Are the Topics Covered?

- CPR steps including COVID-19 interim guidelines
- Recovery position
- Using an AED
- Drowning
- Choking
- Serious bleeding management
- Shock Management
- Spinal Injury Management (Log roll techniques)
- Sprains & Strains
- R.I.C.E
- Anatomy of a first aid kit

Who Will This Benefit?

- Fitness Professionals
- Health Professionals
- Strength and Conditioning Professionals

- Sports Coaches
- Fitness Enthusiasts
- General Public

Note: Individuals who is taking this course for workplace requirement, please check with your employer on course eligibility.

Pre-requisite

N/A

Course Provider

Fitness Edutraining Asia (FEA)

Course Duration & CEC Points

3 hours (1 day); ACE 0.2 CECs

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