

CPR & AED - Basic Life Support

心肺复苏术 & 自动体外除颤器 — 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 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 a 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.

作为与无作为可影响一个人的存活。身为体适能从业者，我们可能需要在面临紧急情况时提供基本照顾，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 与使用自动体外除颤器(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时候根据美国心脏协会（AHA）的标准，为他人提供基本照顾。

Note: Having a valid CPR & AED 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 & AED 证照。

Course Highlights 课程亮点

- Easy to follow, step by step guide to performing CPR according to the AHA standards
容易学习的，根据美国心脏协会（AHA）的标准一步步指导心肺复苏术步骤
- Learn CPR fun, effective yet impactful
以有趣，有效和有影响力的方式学习 CPR
- Hands on practice on CPR manikin and AED training kit
在心肺复苏人体模型和自动体外除颤器进行实操练习

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 practitioners/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
身为体适能从业者，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？

- CPR steps including COVID-19 interim guidelines
CPR 步骤, 包括 COVID-19 临时指南
- Recovery position
复苏姿势
- Using an AED
使用 AED
- Drowning
溺水
- Choking
窒息
- Serious bleeding management
严重失血
- Shock Management
休克管理
- Spinal Injury Management (Log roll techniques)
脊椎受伤管理 (卷木技术)
- Sprains & Strains
扭伤&拉伤
- R.I.C.E
R.I.C.E
- Anatomy of a first aid kit
急救箱的构造

Who Will This Benefit? 这项课程适合谁?

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

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

注: 如果因工作需求而参加此课程, 请向你的雇主查询课程资格。

Pre-requisite 参课条件

N/A

Course Provider 课程提供单位

Fitness Edutaining Asia (FEA)

CEC Points 继续教育学分

ACE 0.2 CECs

Note: For ACE recertification, certified professionals will be granted 0.4 CECs for holding a valid CPR & AED certificate. You will earn additional 0.2 CECs by using the CEC number printed on the certificate. However every CEC number can only be used one time only.

注意：对于更新 ACE 证书，持有有效 CPR & AED 证书的认证专业人员将获得 0.4 个 CECs。通过使用印在证书上的 CEC 号码，你将获得额外的 0.2 个 CEC。然而，每个 CEC 号码只能使用一次。

Course Duration 课程时长

3 hours (1 day)

3 小时 (1 天)

Learning Materials 学习材料

Digital course slide handouts

电子课程投影片讲义

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

讲师将提供现场技能检查；参与者需要根据预先设定的场景，展示初级护理技能。

Recertification 重新认证

This certification is valid for 2 years

Fitness Edutaining Asia (FEA)

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

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

以上资讯若有更动, 恕不另行通知。