



On 17th February 2011, Quality, Safety, Health & Environment (QSHE) team, in collaboration with Jabatan Pertahanan Awam Malaysia (JPAM), carried out the Basic First Aid and CPR Training at Cofreth Headquarter. The training was conducted by two representatives from JPAM.

Do you know what is Basic First Aid and what is CPR? For your information, this course is very important for us to learn the required basic skills in case of emergencies. It is an effort to save lives!

The emergency first response program covers basic training for emergency care first aid and cardiopulmonary resuscitation (CPR). First Aid is the immediate assistance or treatment given to someone injured or suddenly taken ill, before the arrival of ambulance or other appropriately qualified person (medical help).

The training started with an introduction of JPAM to participants carried out by Encik Syed Azizul. Then, everybody proceeded with the Emergencies First Response practice where all participants learned how to perform different techniques of bandaging an 'injured victim'. Each participants were provided with triangular bandage so that they can try on each other. Next session was CPR Training which Encik Azizul pointed out that there are 5 steps to CPR. It is easy to remember the CPR steps:

- D – DANGER** : Check for DANGER surrounding
- R – RESPONSE** : Check for RESPONSE. If no response, call 999 for ambulance
- A – AIRWAYS** : open AIRWAYS and look for signal of life.
- B – BREATHING** : Give 2 initial BREATHING
- C – CIRCULATION** : Give 30 chest compression followed by another 2 breathing.

It was nevertheless an exciting and interesting experience for all Cofreth staffs who participated. With that, we would like to congratulate all our 37 Cofreth staffs who have successfully acquired new skills in safety and health. Who knows you might just be a hero and save someone's live one day!

37 Cofreth Staffs Are Now Qualified Rescuers!

