

MEF-MRC BASIC FIRST AID & CPR TRAINING



01 - 02 September 2026



9.00 am – 6.00 pm



MEF Academy Training
Room, Petaling Jaya

Basic First Aid & CPR 2 Days Class

14 hours for theory and practical + Theory and practical exam (Minimum per class 20 participants)

As per quotation in the previous page, there is no reduction in fees, if chooses NOT to do examination or/and participants less than 20 pax

Participants who have passed the examination will receive a first aid certificate (Competency Certificate). Participants MUST attend all training sessions to be certified. Certificates will be issued after the MRCS has received payment for the service rendered. The certificate is valid for 3 years.



MEF-MRC BASIC FIRST AID & CPR TRAINING

01 - 02 September 2026, MEF Academy Training Room, Petaling Jaya

Learning Outcomes for Basic First Aid & CPR Training

By the end of the Basic First Aid & CPR Training, participants will be able to:

1. **Recognize** common medical, injury-related, breathing, and cardiac emergencies and respond promptly and appropriately.
2. **Explain** the basic principles of first aid, including scene safety, personal protection, consent, and reducing the risk of infection.
3. **Assess** an injured or ill person using basic emergency action steps, including checking responsiveness, calling for help, and providing care.
4. **Demonstrate** effective cardiopulmonary resuscitation (CPR) techniques for a person experiencing cardiac arrest.
5. **Describe** the purpose of an automated external defibrillator (AED) and demonstrate safe AED use during a cardiac emergency.
6. **Identify** signs of choking and demonstrate appropriate first aid care for choking emergencies.
7. **Provide** basic first aid for common conditions such as severe bleeding, shock, burns, fractures, sprains, fainting, seizures, and heat-related illness.
8. **Apply** appropriate care while waiting for emergency medical services to arrive.
9. **Communicate** clearly with emergency responders by providing accurate information about the casualty and the care given.
10. **Demonstrate** confidence and readiness to take safe, responsible action during an emergency situation.

Basic Training Syllabus

- | | |
|------------------------------|--|
| 1. Introduction to First Aid | 7. Fractures, Muscle and Joint Injuries |
| 2. Safety and Prevention | 8. Head and Spinal Injuries |
| 3. Soft Tissue Injuries: | 9. Burns and Scalds Injuries |
| • Wounds | 10. Choking |
| • Bleeding | 11. Basic Life Support and Cardiopulmonary Resuscitation (CPR) |
| • Amputation Injury | 12. Lifting and Transporting Patients |
| 4. Bandages and Dressings | |
| 5. Shock | |
| 6. Basic Patient Assessment | |

MEF-MRC BASIC FIRST AID & CPR TRAINING

01 - 02 September 2026, MEF Academy Training Room, Petaling Jaya

Tentative Programme

Course Module (Day 1)	9.00 am - 10.30 am Introduction to First Aid Safety and Prevention 10.30 am - 10.45 am Tea Break 10.45 am - 1.00 pm Soft Tissues Injuries (Wound, Bleeding and Amputation Injury) 1.00 pm - 2.00 pm Lunch Break	2.00 pm - 3.00 pm Bandages and Dressings 3.00 pm - 4.00 pm Shock 4.00 pm - 4.15 pm Tea Break 4.15 pm - 6.00 pm Basic Patient Assessment
Course Module (Day 2)	9.00 am - 10.00 am Fractures, Muscle and Joint Injuries 10.00 am - 10.30 am Head and Spinal Injuries 10.30 am - 10.45 am Tea Break 10.45 am - 1.00 pm Basic Life Support & CPR and Automated External Defibrillator (AED)	1.00 pm - 2.00 pm Lunch Break 2.00 pm - 3.00 pm Burns and Scalds Injuries 3.00 pm - 4.00 pm Lifting and Transporting Patients 4.00 pm - 4.15 pm Tea Break 4.15 pm - 6.00 pm Exam (Practical and Written Exam)

MEF-MRC BASIC FIRST AID & CPR TRAINING

01 - 02 September 2026, MEF Academy Training Room, Petaling Jaya

Speakers' Profiles

Mr. Devan Naidu Thamboo is a certified First Aid and CPR Instructor with the Malaysian Red Crescent (MRCS) and over 20 years of experience in emergency medical services, paramedic practice, and first aid training. His expertise includes emergency medical response, trauma care, disaster preparedness and response, patient assessment and management, CPR, Basic Life Support (BLS), and occupational first aid. Throughout his career, he has served as an Ambulance Medical Aide, Paramedic, and Clinical Instructor for paramedical students, while actively conducting first aid and emergency response training for various organisations and communities. His most recent academic qualification is a **Diploma in Paramedic Sciences from Cyberjaya University College of Medical Sciences, Malaysia (2011)**.

Mr. Yusnizam Yusoff is a certified First Aid and CPR Instructor with the Malaysian Red Crescent (MRCS) and has over 20 years of experience in pre-hospital emergency care, ambulance services, and first aid training. His areas of expertise include pre-hospital care, first aid and CPR, Basic Life Support (BLS), disaster management, first responder life support, and emergency medical response. Since 2003, he has been actively conducting first aid and CPR training for Malaysian Red Crescent members, government agencies, educational institutions, and corporate organisations, while serving as an Ambulance Medical Aide and certified trainer. His most recent academic qualification is a **Diploma in Polymer Technology from Universiti Teknologi MARA (UiTM), Shah Alam (1995)**.

Ms. Lim Mei Chin is an experienced First Aid and CPR Instructor with the Malaysian Red Crescent (MRCS), bringing more than three decades of volunteer, humanitarian, and training experience. Her areas of expertise include first aid, CPR and AED, basic life support, trauma care, disaster preparedness, emergency response, water rescue, and training coordination. She has extensive experience supporting emergency ambulance services, humanitarian operations, family restoration programmes, and the delivery of first aid training to diverse groups. She is also a member of regional disaster response teams under ASEAN and the International Federation of Red Cross and Red Crescent Societies (IFRC). Her most recent academic qualification is a **Certificate of Safety and Health Officer from NIOSH**.

Note: MEF-IKATAN reserves the right to change the trainer, subject to trainer availability and approval.

MEF-MRC BASIC FIRST AID & CPR TRAINING

01 - 02 September 2026, MEF Academy Training Room, Petaling Jaya

Registration



Course Fee

RM800.00 per participant

Inquiries

- Malaysian Employers Federation
- khairunnisa@mef.org.my / 03-7498 7200
- Malaysian Red Crescent
- rosmaizi.sirajuddin@redcrescent.org.my / 012 220 0825

Basic Training Syllabus

Upon receiving your registration, a pro-forma invoice will be issued for companies applying for the HRD Corporation's grant. Only the pro-forma invoice will be provided, and no payment is required at this stage pending HRD Corporation's approval.

For companies not applying for the HRD Corporation's grant, an invoice will be issued and full payment must be made before the event.

MEF now offers a convenient online payment gateway for faster, easier transactions. Please note that this option is available only for non-HRDC payments.

Payment details :

- Affin Islamic Bank Berhad
- Account No. : 105280002422
- In favour of : Malaysian Employers Federation

Email the transfer slip and invoice to :

- natasya@mef.org.my
- yeokhoon@mef.org.my
- accounts@mef.org.my

Any cancellation of attendance must be communicated via email to khairunnisa@mef.org.my at least 3 working days prior to the event of MEF reserves the right to charge the full fees for "NO SHOW".