

Basic First Aid & CPR

PT Samson Tiara certified Basic First Aid & CPR training covering essential first aid principles, casualty assessment, rescue breathing, CPR, bleeding management, unconscious casualty management, shock, reporting, recording, and personal hygiene.

DURATION	VALIDITY	LANGUAGES	DELIVERY	ACCREDITED BY
1 Hour	3 Years	English · Indonesian	On Request	Samson Tiara



Overview

Basic First Aid & CPR is a PT Samson Tiara certified course designed to provide delegates with basic, everyday first aid skills, including cardiopulmonary resuscitation (CPR). In a medical emergency, basic knowledge of first aid techniques can help a person keep breathing, reduce pain, and minimise the consequences of injury or illness until further help arrives.

The course introduces essential first aid principles and gives delegates the opportunity to practise key skills in a controlled training environment. It covers the respiratory and circulatory systems, systematic casualty assessment, rescue breathing, CPR, management of bleeding, management of an unconscious casualty, recognition and management of shock, reporting, recording, and personal hygiene.

The course is intended to build practical confidence in recognising when first aid action is required and applying basic first aid techniques within the scope of the training.

Who is it For?

This course is suitable for personnel who require basic first aid and CPR knowledge for the workplace or everyday emergency situations, including:

- Workplace personnel
- Supervisors and team leaders
- Emergency response team members
- HSE personnel
- Personnel assigned to basic first aid responsibilities
- Anyone who requires basic first aid and CPR training

Course Delivery

The course is delivered over **1 day** at PT Samson Tiara's Cilegon training facility or on-site at the client's location.

If the course is conducted on-site, the client should provide a classroom or other suitable quiet area with chairs, desks, whiteboard, and overhead projector.

Learning Objectives

Upon successful completion of the course, delegates should have a basic understanding of first aid techniques and be able to apply them in appropriate circumstances.

Delegates will develop knowledge and practical capability in:

- Understanding essential first aid principles.
- Recognising the importance of safety at the scene.
- Providing emotional support to a casualty.
- Carrying out a primary survey and systematic casualty assessment.
- Understanding the basic function of the respiratory system.
- Understanding the basic function of the circulatory system.
- Recognising the need for emergency life support techniques.
- Performing rescue breathing within the scope of the course.
- Performing CPR within the scope of the course.
- Recognising obstructed airway and applying choking management principles.
- Recognising and managing internal and external bleeding.
- Recognising and managing an unconscious casualty.
- Recognising and managing shock.
- Understanding basic reporting, recording, and personal hygiene requirements.

Course Content

- Primary Survey
- Emotional Support and Safety at the Scene
- Approaching an Accident
- Primary Survey Practical Exercise
- The Respiratory and Circulatory System

- Rescue Breathing Theory
- Practical Rescue Breathing with Student Participation
- Cardiopulmonary Resuscitation (CPR) Theory
- Practical CPR Session
- Recognition and Management of Bleeding
- Practical Management of Bleeding
- Management of an Unconscious Victim
- Reporting and Recording
- Personal Hygiene

Assessment

Delegates must successfully complete the course based on the required performance standards in order to receive certification.

Certificate

Delegates who successfully complete the course and meet the required performance standards will receive:

- PT Samson Tiara Basic First Aid & CPR certificate.
- Laminated wallet course qualification card.



Ready to book?

Contact our booking team for the latest schedule and registration.

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Related courses

COURSE	CODE	DURATION
First Aid Level 3	FA3	3 Days
First Aid Level 2	FA2	2 Days
Introduction to First Aid	IFA-EL	45 Minutes
Petugas Keselamatan dan Kesehatan Kerja Kimia (Chemical Occupational Safety and Health Officer)	PK3K	12 Days