



FAO-PP3K

First Aid Officer

Petugas Pertolongan Pertama Pada Kecelakaan P3K

One of the latest regulations related to K3 is the Regulation of the Minister of Manpower & Transmigration of the Republic of Indonesia No. PER 15/MEN/VIII/2008 concerning First Aid in the workplace. Chapter 2, Article 3, paragraph 1 states that:

"First Aid Officer at work, as referred to in Article 2 Paragraph 1, must have a First Aid license and activity book from the head of the agency which is responsible for manpower."

And paragraph 2 states that:

"To obtain a license as referred to in paragraph 1, the following conditions must be met:

- Working for the relevant company;*
- Healthy, both physically and mentally;*
- Willing to be appointed as first aid officer;*
- Have a basic knowledge and skills in the field of First Aid in the Workplace proven with training certificate."*

In order to anticipate the occupational safety and health (OSH) hazards in the workplace, guidelines for Law No. 1 of 1970 concerning Occupational Safety and the Minister of Manpower and Transmigration regulation No. Per. 03/Men/1982 concerning Occupational Health Services are required.

General Course Objectives

This First Aid training programme aims to:

- Increase knowledge and understanding of the implementation of First Aid in the workplace.
- Understanding the implementation of First Aid in workplace and improve skills in performing first aid for sudden illnesses and work accidents in order to anticipate the Occupational Health problems.

Course Content

- Legal Regulations related to First Aid.
- Work Health Policy

- Principles of First Aid
- Anatomy and Functions of the Human Body
- Guidelines in supplying the First Aid equipment.
- Hazards and treating Heatstroke, chemical splashes, and convulsions.
- Local diseases (wounds, bleeding, burns, broken bones) and relief measures.
- Disturbance of Consciousness and relief measures
- Respiratory diseases and relief measures
- The disorders of the blood, circulatory and relief measures.
- Cardiopulmonary Resuscitation
- Evacuation of Victims (Procedures Rescuing and Moving Victims)
- First Aid in certain situations (in confined spaces and electric shock)
- Practice & Examination

Prerequisites

- Indonesian Citizen
- Minimum of high school diploma.
- Digital photo, professionally attired, on red background.
- Valid Medical Certificate from Doctor/Clinic.
- Letter of Employment from Employer.
- Copy of ID card.
- Laptop or Android cellphone with a stable internet connection (applicable for blended method only)
- Statement letter to fully attend the blended training (applicable for blended method only)

Accrediting Body:

Course Duration:

Course Validity:

Course Venue:

KEMNAKER

3 Days

3 Years

Cilegon, In-House, Blended