

SUKATAN PELAJARAN PENGENALAN PERTOLONGAN CEMAS & CPR (8 JAM)
INTRODUCTION TO FIRST AID & CPR SYLLABUS (8 HOURS)

1. LUKA & PENDARAHAN (Wounds & Bleeding)
2. PATAH TERKEHEL (Fracture & Dislocations)
3. TERBAKAR (Burns)
4. RENJATAN (Shock)
5. CPR (Cardio Pulmonary Resuscitation - Adult)
6. MENGANGKAT & MEMINDAH PESAKIT (Lifting & Transportation)
7. UJIAN BERTULIS, PRAKTIKAL DAN LISAN (Theory, Practical & Oral Examination)

SUKATAN PELAJARAN PERTOLONGAN CEMAS ASAS (14 JAM)
BASIC FIRST AID SYLLABUS

1. SKOP PERTOLONGAN CEMAS (SCOPE OF FIRST AID)
2. STRUKTUR TUBUH BADAN (STRUCTURE OF THE BODY)
3. SISTEM PEREDARAN DARAH (CIRCULATORY SYSTEMS)
4. SISTEM PERNAFASAN (RESPIRATORY SYSTEMS)
5. ASFIKSA (ASPHYXIA)
6. RENJATAN (SHOCK)
7. LUKA DAN PENDARAHAN (WOUND & BLEEDING)
8. PATAH & TERKEHEL (FRACTURE & DISLOCATIONS)
9. BEBAT DAN BALUTAN (DRESSING & BANDAGES)
10. TERBAKAR DAN MELECUR (BURNS & SCALDS)
11. KERACUNAN (POISONING)
12. PITAM DAN TIDAK SEDARKAN DIRI (FAINTING & UNCONSCIOUSNESS)
13. MENGANGKAT & MEMINDAHKAN PESAKIT (LIFTING & TRANSPORTATION)
14. UJIAN BERTULIS, PRAKTIKAL & LISAN (THEORY, PRACTICAL & ORAL EXAMINATION)