



Emergency Management

Participants who attend this programme will learn how to identify real Emergencies and handle the situation until help arrives. Employers can now leave the care of their loved ones in the hands of their FDW.

Topics covered will include the following:

- **Cardio-Pulmonary Resuscitation (CPR)**

In the event of heart attack, caregivers will know the steps to save a life.

Refer to CPR notes for guideline and steps.

(I will look for dolls for you to bring along during demonstration)



- **Hemlich Maneuvre**

Choking can lead to death if no help is rendered in time. Brain dead occurs 4minutes without oxygen. Caregivers will learn how to expel the food out from the throat, the correct way. You will be required to teach the full set which includes Pregnant ladies, Obese person except infant.

- **First Aid to Bleeding, Burns, Lacerations**

These are common accidents that can happen to anyone at home. Learn how to render First aid before going to a doctor.

- ✓ Nursing 1st and 2nd degree burns
- ✓ Stopping bleed
- ✓ Securing dislocation
- ✓ Cleaning simple wound

- **Learn how to identify signs and symptoms of Stroke**

Is it true that Stroke can cause slurred speech and drooling? Did you know that seeking early medical attention can reduce the damage to the brain and recovery?

Find out more on how to spot the signs of Stroke.