

CPR Course

(for Lay Persons)

Summary of the Program:

Designed for non-medical individuals, this course teaches life-saving techniques such as high-quality CPR and AED use. It aims to empower the public to confidently respond to cardiac emergencies and choking incidents.

Objectives of the Program:

1. Understand the basics of emergency response for cardiac arrest.
2. Learn and perform effective CPR on adults, children, and infants.
3. Use AEDs proficiently for sudden cardiac arrests.
4. Manage choking incidents across different age groups.
5. Recognize the importance of the chain of survival in emergencies.

Methodology:

The course includes interactive lectures, hands-on practice, and assessments to ensure participants gain confidence in applying CPR skills.

Target Participants:

Ideal for the general public, including teachers, coaches, caregivers, and other non-medical individuals who want to acquire life-saving skills.

Who Should Attend:

1. Individuals without prior medical training seeking CPR skills.
2. Teachers, coaches, lifeguards, and caregivers.
3. Anyone wanting to enhance personal preparedness for emergencies.

