

**First Aid Courses & Course Fees for Dart Logistics Sdn Bhd**

Item	Course	Duration	Original Course Fee BND\$(per person)	Discounted Course Fee for Dart Drivers & Runners BND\$(per person)	Min/Max Per Class
1	Standard First Aid Course	1 Day (8 hrs)	\$170.00	<b>\$155.00</b>	Min : 8 pax Max : 16 pax
2	First Aid For Emergency & CPR Course	1 Day (3 hrs)	\$70.00	<b>\$55.00</b>	Min : 8 pax Max : 16 pax
3	Safe Journey Management Plan (COVID safety)	1 Day (2 hrs)	\$70.00	<b>\$52.00</b>	Min : 8 pax Max : 16 pax

**PACKAGE PLAN**

Interested applicants can also opt for the Package Plan.

Item	Description	Course Fee (with discounted rate per person)
PACKAGE PLAN	<p>First Aid For Emergency On The Road and Safe Journey Management Plan</p> <p><i>*These courses are taken on same day.</i></p>	<b>\$100.00</b>

## **1. Standard First Aid Course**

First aid training saves lives.

This training course prepares you with the right knowledge, skills and confidence when responding to a medical emergency. Other than gaining skills in first aid, this training course is also great for company's morale and team-building.

This course is:

- ✓ The minimum qualification requirement for a workplace first aider
- ✓ In line with the guidelines of Brunei Red Crescent
- ✓ Compliant to the terms of Safety, Health and Environment National Authority (SHENA)

Our first aid training course emphasizes practical skills in a fun and interactive learning environment. On completion of this training course, participants will:

- Be able to recognize life threatening situations.
- Be able to provide vital assistance such as CPR and recovery position before medical help arrives.

**COURSE DURATION- ONE DAY (08 HOURS)**

### **CERTIFICATION:**

- Trainees are required to score a minimum overall mark of 75% in the assessment.
- Upon successful completion of the course, trainees will be awarded with a certificate in Standard First Aid, CPR and AED Course with a validity of 2 years.

### **ENTRY REQUIREMENTS:**

- Able to speak and read in English effectively.
- Medically fit to perform CPR-have no underlying medical heart or lung conditions, have no physical disabilities that could prevent participants to perform CPR i.e knee, spinal or joints injury.
- Not pregnant.
- Healthy and not showing any signs and symptoms of COVID-1

**COURSE ASSESSMENT:**

Trainees are required to have a 100% course attendance to be qualified for the assessments.

- The course assessments consist of two parts: Written and practical, in which a minimum score of 75% is required to pass the course.
- Failure to achieve a minimum passing score of 75%, trainees will not be awarded with a certificate and will need to schedule to sit for the course at another time.
- Practical assessment-Trainees will be tested on their understanding and ability to perform correct and effective CPR on an adult victim, whilst following the correct order of the emergency action plan.
- Trainees will also be assessed on their ability to perform recovery position.

*\*REFER TO TABLE BELOW FOR STANDARD FIRST AID PROGRAM FLOW.*

**Standard First Aid Course | Program Flow**

Content	Description of topics	Duration	No. of hours
Introduction	<ul style="list-style-type: none"> <li>• Registration</li> <li>• Safety Briefing</li> <li>• Trainer/s and Participants introduction</li> </ul>	08:30-09:00	30 mins
The principles & practice of First Aid	<ul style="list-style-type: none"> <li>• Introduction to first aid</li> <li>• Type of emergency</li> <li>• Emergency action plan</li> <li>• Primary roles in emergency</li> <li>• Recognizing emergency</li> <li>• Safety of the rescuer</li> <li>• Overcoming barriers</li> <li>• Basic Cardiac Life Support</li> <li>• Chain of survival</li> </ul>	09:00-09:30	30 mins
Breathing -Theory, Video, Practical	<ul style="list-style-type: none"> <li>• The principles of resuscitation</li> <li>• Cardiopulmonary resuscitation-CPR for adults</li> <li>• Legal consideration (consent)</li> <li>• When to stop CPR</li> <li>• Automated External Defibrillator-AED and using it</li> <li>• CPR Practical</li> </ul>	09:30-10:30	1 Hour

Break	10:30-11:00		30 Mins
<p>Cont: Breathing</p> <p>Bleeding</p> <p>Burn</p> <p>Broken bones</p>	<ul style="list-style-type: none"> <li>• Choking</li> <li>• Soft tissue injuries</li> <li>• Bleeding</li> <li>• Managing internal and external bleeding</li> <li>• Treatment for bleeding</li> <li>• Burns/Degree of burn</li> <li>• Treatment of burn</li> <li>• Precautions</li> <li>• Musculoskeletal injuries</li> <li>• Fractures and dislocations</li> <li>• Sprains and strains</li> <li>• Practical on bandaging</li> </ul>	11:00-12:00	01 Hour
Lunch Break	12:00-13:00		01 Hour
Afternoon Session	<ul style="list-style-type: none"> <li>• Quick Recap</li> </ul>	13:00-13:15	15 Mins
<p>Head and Eye Injuries</p> <p>Heat Related Injuries</p> <p>Common injuries and illnesses</p>	<ul style="list-style-type: none"> <li>• Head and eye injuries</li> <li>• Signs of head injuries</li> <li>• Body temperature</li> <li>• Heat stroke</li> <li>• Heat exhaustion</li> <li>• Treatment</li> <li>• Nose bleeds</li> <li>• Epilepsy</li> <li>• Asthma</li> <li>• Allergic Reactions/ Anaphylactic Shock</li> <li>• Bites and Stings</li> </ul>	13:15-14:15	01 Hour

Break	14:15-14:45	30 Mins
Quick Recap Assessments (Written & CPR Practical)	14:45-1700	2 Hours & 15 Mins
Session ends		

---

## **2. FIRST AID FOR AN EMERGENCY ON THE ROAD COURSE**

This awareness program has been specifically designed for drivers to refresh their knowledge and basic first aid skills in responding effectively to an emergency situation on the road. The purpose of this course is also to provide a foundation to first aid certification course. It is recommended for commercial drivers to attend this program in order to enhance their understanding of how to provide the most appropriate help to their passengers.

### **COURSE OUTCOMES:**

By the end of this program, participants will be able to:

- ✓ Recognise warning signs
- ✓ Have the confidence to help in case of an incident
- ✓ Know how to respond and ensure scene is safe before medical help arrives
- ✓ Use first aid kit properly
- ✓ Learn principles and how to do CPR
- ✓ Help passengers with reduced mobility

**COURSE DURATION:** 3 HOURS

**CERTIFICATION:** CERTIFICATE OF ATTENDANCE WILL BE ISSUED TO ATTENDEES. (*\*this does not warrant the holder to be a certified First Aider*)

**COURSE LEVEL :** Awareness level/ Supplementary Course.

### **3. SAFE JOURNEY MANAGEMENT COURSE**

A journey management plan or program is a set process of safety steps undertaken as part of a road transport journey, particularly one that involves driving for several hours. It is recommended for companies who have vehicles or drivers assigned to make the plans in order reduce the risks associated with driver fatigue, inclement or dangerous road conditions, and other hazards especially during Covid-19.

#### **COURSE OUTCOMES:**

By the end of this program, participants will be able to:

- ✓ To understand the meaning of Journey Management Plan (JMP)
- ✓ To understand the risk associated for not designing JMP- Travel risk Management
- ✓ Able to recognize fatigue and to manage it.
- ✓ To understand on how to transport passengers safe during Covid-19.

#### **COURSE DURATION: 2 HOURS**

**CERTIFICATION:** CERTIFICATE OF ATTENDANCE WILL BE ISSUED TO ATTENDEES. (*\*this does not warrant the holder to be a certified First Aider*)

**COURSE LEVEL :** Awareness level/ Supplementary Course.