



FUNDAMENTAL FIRST AID COMPETENCIES

FUNDAMENTAL FIRST AID COMPETENCIES

*NAZRIN AHMAD; BAIDI BIN BADDIRI;
ROSNAH MAJIN; SHARINAH ABD
KASSIM; AND ABDUL ALIF BIN ABDUL
HAMID*

PUSATE-PEMBELAJARAN UNIVERSITI MALAYSIA SABAH
KOTA KINABALU



FUNDAMENTAL FIRST AID COMPETENCIES Copyright © 2026 by Nazrin Ahmad; Baidi bin Baddiri; Rosnah Majin; Sharinah Abd Kassim; and Abdul Alif bin Abdul Hamid is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/), except where otherwise noted.

eISBN 978-629-94545-5-7

Pusat e-Pembelajaran makes no representation – express or implied, with regard to the accuracy of information contained in this book. Users of the information in this book need to verify it on their own before utilizing such information. Views expressed in this publication are those of the author(s) and do not necessarily reflect the opinion or policy of Universiti Malaysia Sabah. Some diagrams were beyond the control of the proofreaders and ebook editors to amend. Pusat e-Pembelajaran shall not be responsible or liable for any special consequential, or exemplary problems or damages resulting in whole or part, from the reader's use of, or reliance upon, the contents of this book.

Acknowledgments

This publication is made possible with the support of the Commonwealth of Learning, Canada and Pusat e-Pembelajaran Universiti Malaysia Sabah.

Published by

Pusat e-Pembelajaran,
Aras 5, Blok B, Bangunan Fakulti Komputeran Informatik
Universiti Malaysia Sabah, Jalan UMS, 88400
Kota Kinabalu Sabah, Malaysia

Tel: 088-320 000 (207802)

Email: cel@ums.edu.my

Contents

Acknowledgements	vii
Nazrin Ahmad	
Preface	viii
Nazrin Ahmad	
Content	ix
Nazrin Ahmad	
<u>Main Body</u>	
Chapter 1: Introduction to First Aid	1
Nazrin Ahmad	
Chapter 2: The Principle Component of First Aid	4
Nazrin Ahmad	
Chapter 3: Assessment of the Victim	9
Nazrin Ahmad and Abdul Alif bin Abdul Hamid	
Chapter 4: Control Bleeding	20
Nazrin Ahmad and Baidi bin Baddiri	
Chapter 5: Managing Fracture and Dislocation	25
Nazrin Ahmad and Rosnah Majin	
Chapter 6: Automated External De3brillator (AED)	32
Nazrin Ahmad and Sharinah Abd Kassim	
Chapter 7: Cardiopulmonary Resuscitation (CPR)	37
Nazrin Ahmad	
Chapter 8: Choking	47
Nazrin Ahmad	

Bibliography	55
Authors and Contributors	56

Authors and Contributors

Authors

Nazrin Ahmad

Baidi Baddiri

Rosnah Majin

Sharinah Abd Kassim

Abdul Alif Bin Abd Hamid

Reviewers

Fairrul Kadir

Mohd Said Nurumal

FUNDAMENTAL FIRST AID COMPETENCIES

e ISBN 978-629-94545-5-7



(Online)