

4 September 2025

Safety: Empowering K1 Team with First Aid & CPR Training

In our continued commitment to workplace safety and emergency response, K-One conducted a second round of Advanced Occupational First Aid Training on 28 - 29 August 2025 for its staff based in Selangor. This initiative cannot over-emphasize K-One's dedication to equipping its personnel with life-saving skills that most likely will extend beyond the workplace.

The two-day intensive training was held at the well-known Pusat Perubatan Universiti Malaya (PPUM), attended by 20 participants from its Selangor offices. The session was led by En. Faisal, a certified professional paramedic and the dynamic CEO and Founder of Code One Medical Services (trusted partner of MyResQ, a medical app that helps in locating rescuer and AED device during medical emergency). Known for his animated and interactive teaching style, En. Faisal brought energy and clarity to every module, life saving techniques, making high-stake and intensive procedures more resonant and easier to grasp.



The training was held at the well-known University Malaya Medical Centre, a hub of excellence in medical education.



Great teamwork during the AED training session! Grateful for the guidance from our trainer and the dedication of everyone involved.

His light-hearted and practical approach fostered a positive learning environment, allowing participants to absorb critical knowledge with ease and enthusiasm. Feedback from attendees was overwhelmingly positive, with many highlighting the trainer's ability to connect theory with real-world application.



Mastering the art of high-quality CPR with En. Faisal's expert guidance.



Different arm sling techniques for different types of arm injury. Arm injuries can be tricky, but the right sling can make all the difference!



Our trainer is guiding us on how to properly secure a bandage for head injury in snug and fit manner.



Accidents can happen anytime, anywhere! Our trainer is here to demonstrate how to perform first aid treatment for sprained shoulder, broken arm, amputated hand, severe burns, etc.



En. Faisal demonstrating the procedure and right technique to conduct CPR.

Captured moments during the Advanced First Aid training



Every second counts in an emergency! Connecting an AED to a patient is a vital step after CPR.

By the end of the two-day training, all participants successfully passed the practical exam and were certified as Advanced Occupational First Aiders. Besides enhancing safety within K-One's workplaces with more certified individuals among its staff, we are also better positioned to respond effectively in emergencies within our community at large.

This training marks another step forward in our ongoing efforts to cultivate a safety-conscious culture and empower our team with the skills that truly make a difference.



