

INTRODUCTION

The Water Confidence Course is designed to develop participants' confidence, awareness and survival capability in aquatic environments through a combination of classroom learning and practical water-based activities. This programme focuses on water safety awareness, basic water confidence skills, self-rescue techniques, and the safe use of water safety equipment

OBJECTIVE

Participants will be benefit by being able to:

- Understand water safety principles and hazards
- Demonstrate basic water survival techniques
- Apply safe practices in aquatic environments
- Respond effectively to water emergencies

COURSE CONTENTS

Introduction to Water Safety

- Water confidence & survivals skills
- Drowning prevention & emergency response

Water Hazards & Safe Behaviour

- Common water hazards and risks
- Safe behaviour around water
- Buddy system & emergency preparedness

Water Rescue PPE

- Personal Flotation Devices (PFDs) and life jackets
- Water rescue equipment awareness
- PPE inspection and safe use

Water Confidence Skills

- Buoyancy and body movement in water
- Breathing and relaxation techniques
- Safe water entry and exit techniques

Practical Water Confidence

- Water familiarisation and safe entry
- Floating and breathing techniques
- Kicking drills and body positioning

Practical Survival Skills

- Survival floating and treading water
- Energy conservation techniques
- Self-rescue technique & competency assessment

Course Review & Q&A

- Course review & discussion
- Participant assessment & Q&A Session

CERTIFICATION

Certificate of Attendance

TARGET GROUP

ERT Members, Safety & Health Personnel, Fire Fighting Team Members, Security Personnel, Rescue Team Members, Workers work near water, Outdoor Activity Coordinators
***Maximum 20 pax per group**

METHODOLOGY

Interactive Lecture

Demonstration

Group Discussion

Practical exercised

Competency Assessment

HRDF SBL-KHAS Claimable



ABOUT SPEAKER

Trainer:

MUHAMAD HAZIQ ADAM BIN OTHAM
(HRD Corp Registered Trainer/Fire & Rescue Professional)

Qualification

- Fire & Rescue Officer, Jabatan Bomba dan Penyelamat Malaysia
- NIOSH Certified Train the Trainer
- Certified HAZMAT & CBRNE Responder
- Certified STORM (Special Tactical Operation Rescue of Malaysia)
- Certified in Fire Science, Search & Rescue & Technical Rope Rescue
- Bronze Medallion - Life Saving Society of Malaysia
- Basic Mountain Guide (Jabatan Perhutanan Semenanjung Malaysia)

FOR MORE DETAIL, PLEASE CONTACT

YN Safety and Health Consultancy Services

Name : Elaine Tan
Phone : 0195288003
Email : support@yn-leadsafety.com

Other Safety and Health Consultancy Services are provided.
Please contact to get more details.