

UMS students learn CPR



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Eleven third-year students of University Malaysia Sabah (UMS) International Relations course from its Faculty of Humanity, Arts and Heritage, took part in the 'Introduction to CPR and Natural Disaster Preparedness' programme at Stairway to Hope in Luyang, recently.

According to project manager Muhammad Nazirrudin Noslan, the programme aims to give them basic education on First Aid skills as well as increasing their awareness on natural disasters.

Nazirrudin said the programme was a participator of 30 students ranging from 13 to 20 years old at the Stairway to Hope, which is an alternative school that consists of majorly Filipino students.

He said the programme consists of two sessions, the first one a presentation and practical learning about CPR, followed by another presentation and practical learning on natural disasters.

"Learning theory alone is not enough. Therefore, the students were taught practically on the proper technique to CPR.

"Meanwhile, the learning on natural disasters aimed to give the students awareness and basic knowledge about earthquakes to prepare and educate them the best course of action during an earthquake.

"The knowledge and skills gained from this programme will be a great aid for students in the near future," he said this in a statement, Tuesday.

Also present was the founder of Stairway to Hope, Marilou Salgatar Chin.