

Preventing Injuries, Optimising Performance - a sports forum for young athletes

Workshop on First-Aid and CPR Skills

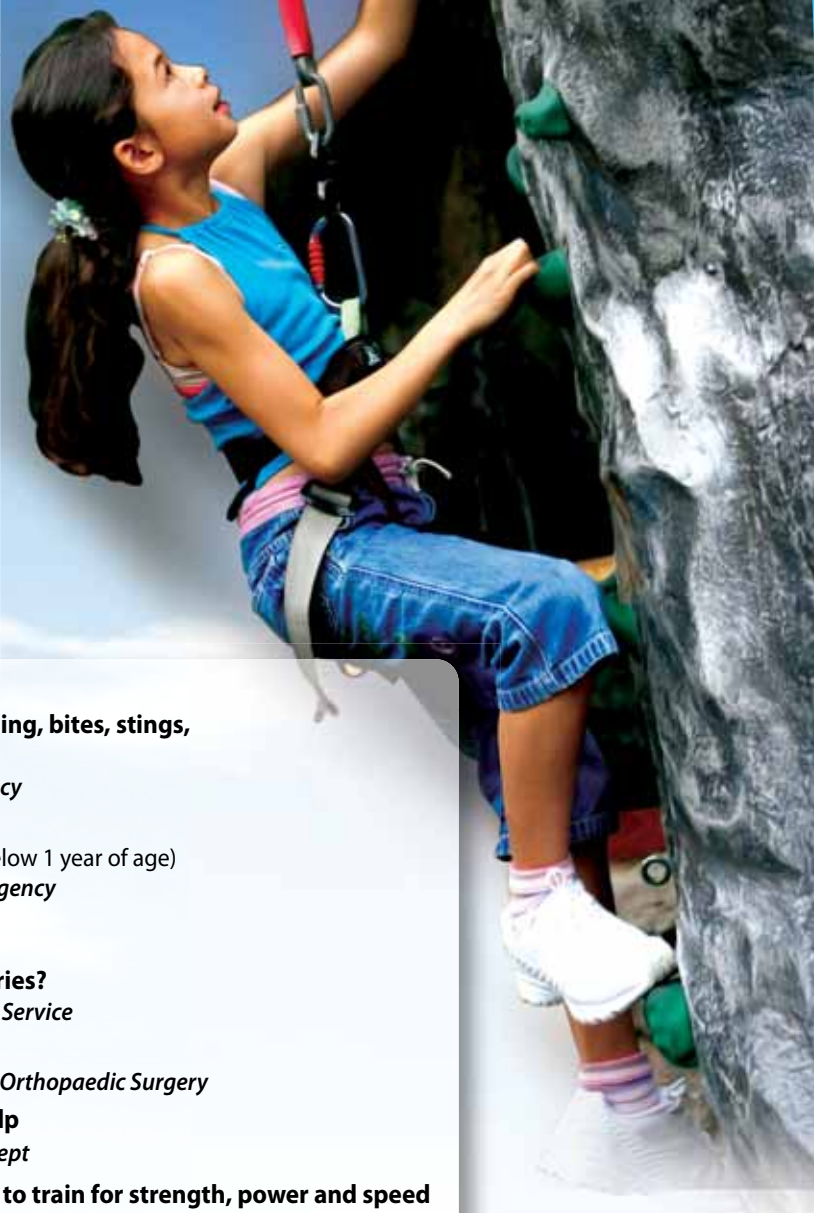
(Infant and Child below 8 years old)
Limited to 40 participants only

Free handbook on First-Aid & CPR Skills
for Workshop participants

Date : 4 July 2009
Time : 10.30am - 12.30pm
Fee : \$20 per pax
Venue : KK Women's and Children's Hospital
Lecture Theatre, L1, Women's Tower

Public Forum

Date : 4 July 2009
Time : 2pm - 5pm
Fee : \$8 per pax (\$5 for KKJC members)
Venue : KK Women's and Children's Hospital
Auditorium (Training Centre),
L1, Women's Tower



Workshop on First-Aid and CPR Skills

- **Managing cuts, burns, fractures, accidental poisoning, bites, stings, choking incidents and more**

Dr Tham Lai Peng, Senior Consultant, Children's Emergency
Ms Indra Devi, Nurse Clinician, Children's Emergency

- **CPR Skills for Child** (1 to 8 years of age) **and Infant** (below 1 year of age)

Ms Tor Sow Khim, Senior Nurse Manager, Children's Emergency

Public Forum Topics

- **Are adolescent athletes more prone to sports injuries?**
Dr Ong Wee Sian, Head and Consultant, Sports Medicine Service
- **Common sports injuries in young athletes**
Dr Siow Hua Ming, Associate Consultant, Department of Orthopaedic Surgery
- **Managing your injury - how physiotherapy can help**
Mr Tian Li Feng, Senior Physiotherapist, Rehabilitation Dept
- **Get stronger and faster for your sports - safe ways to train for strength, power and speed**
Mr Micheal Lim, Clinical Exercise Physiologist, Sports Medicine Service
- **Don't forget about your food! - nutritional needs**
Ms Phua Kar Yin, Senior Dietician, Nutrition and Dietetics

Workshops

- 1) **Sports specific conditioning for young athletes**
Mr Micheal Lim, Clinical Exercise Physiologist, Sports Medicine Service
- 2) **Common taping technique for elbow, wrist, finger and ankle**
Mr Tian Li Feng, Senior Physiotherapist, Rehabilitation Dept
- 3) **Core stability**
Ms Natalie Koh, Fitness Trainer, Sports Medicine Service

Early registration encouraged.
Seats are confirmed upon receipt of payment.

For more details, please call **6394 5038**
during office hours, Monday to Friday,
8.30am to 5.30pm or log on to www.kkh.com.sg.

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