



***AWARENESS TOWARDS FIRST AID KNOWLEDGE AND EMERGENCY
PREPAREDNESS: A SURVEY AMONG HIKERS IN CAMERON HIGHLAND***

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By

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**A Project Report Submitted in Partial Fulfillment of the Requirements for
the Degree of Bachelor of Park and Recreation Science in the
Faculty of Forestry
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DEDICATION

I dedicate this final year project to
my family, friends, lecturer and the others that are involve in this project
directly

or indirectly.

A special feeling gratitude to my lecturer, Dr. Azita Binti Ahmad Zawawi
whose

guiding and keep encouraging me to do better in this project.

I also dedicated this project for my friends, family, all lecturers and staffs in
Department of Ecotourism and Recreation and Faculty of Forestry for
supporting

me throughout the process.

I will appreciate all they have done and feel really thankful.

ABSTRACT

Outdoor recreation activities are mainly exposed to injury and illness such as hiking activity. It shows that hikers also involve in injuries and illness as they doing the hiking activity to gain experience and satisfaction when hiking. This study is to determine the awareness towards first aid knowledge and emergency preparedness among hikers in Cameron Highland. Result shows that the hikers have the very basic knowledge of first aid such as the contents of first aid kit, how to be prepared with first aid and some knowledge about the typical injury or illness such as bleeding and do the recovery position. However, they lack of knowledge on how to perform the first aid because they may not confident to do it on site because of lack experience in practicing first aid. Despite that, hikers are aware and knowledgeable with the preparation of emergency such as getting information about the trail, know the emergency contact and bring emergency kit depends on their need during hiking trip. Overall, the study shows that the correlations between variables are moderate. The correlation between first aid knowledge and emergency preparedness with hiking experience and level of first aid are moderately influence each other. The study findings provide information about the importance of first aid knowledge and emergency preparedness among hikers to Department of Forestry in Cameron Highland. Other than that, this study can help to raise the awareness among hikers to care about first aid knowledge and emergency preparedness while doing hiking activity. Thus, these actions will contribute in reducing cases or incidents related to injury and illness in hiking activities.

ABSTRAK

Kegiatan rekreasi luar biasanya terdedah kepada kecederaan dan penyakit seperti aktiviti mendaki. Ia menunjukkan bahawa pejalan kaki juga terlibat dalam kecederaan dan penyakit ketika melakukan aktiviti mendaki untuk mendapatkan pengalaman dan kepuasan semasa mendaki. Kajian ini dijalankan untuk menentukan kesedaran mengenai pengetahuan pertolongan cemas dan persediaan kecemasan di kalangan pendaki di Cameron Highland. Keputusan menunjukkan bahawa para pendaki mempunyai pengetahuan yang sangat asas mengenai pertolongan cemas seperti kandungan dalam kit pertolongan cemas, bagaimana untuk bersedia dengan pertolongan cemas dan sedikit pengetahuan mengenai kecederaan atau penyakit biasa seperti pendarahan dan melakukan kedudukan pemulihan. Walaubagaimanapun, mereka tidak mempunyai pengetahuan mengenai bagaimana untuk melaksanakan bantuan kecemasan kerana mereka mungkin tidak percaya untuk melakukannya di tempat kejadian kerana kurang pengalaman dalam mengamalkan pertolongan cemas. Walaupun begitu, para pendaki sedar dan berpengetahuan dengan penyediaan kecemasan seperti mendapatkan maklumat mengenai laluan mendaki, mengetahui kenalan kecemasan dan membawa kit kecemasan bergantung kepada keperluan mereka semasa mendaki. Keseluruhannya, kajian menunjukkan bahawa korelasi di antara pemboleh ubah adalah sederhana. Hubungan antara pengetahuan pertolongan cemas dan persediaan kecemasan dengan pengalaman mendaki dan tahap pertolongan cemas adalah sederhana untuk mempengaruhi satu sama lain. Tinjauan kajian ini dapat menyediakan informasi mengenai kepentingan pengetahuan pertolongan cemas dan persediaan kecemasan di kalangan para pendaki kepada Jabatan Perhutanan di daerah Cameron Highland. Selain itu, kajian ini juga dapat membantu dalam meningkatkan kesedaran di kalangan para pendaki untuk mengambil berat tentang pengetahuan pertolongan cemas dan persediaan kecemasan semasa melakukan aktiviti mendaki. Oleh itu, hasil kajian dapat menyumbang kepada pengurangan kes atau kejadian yang berkaitan dengan kecederaan dan penyakit dalam aktiviti mendaki.

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APPROVAL SHEET

I certify that this research project report entitled **“Awareness towards First Aid Knowledge and Emergency Preparedness: A Survey among Hikers in Cameron Highland”** by Halimatus Sa'adiah Binti Saripuddin has been examined and approved as a partial fulfillment of the requirements for the degree of Bachelor of Parks and Recreation Science in the Faculty of Forestry, Universiti Putra Malaysia.

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LIST OF ABBREVIATION

Abbreviation

AMS	Acute Mountain Sickness
CERT	Certified Emergency Response Training
CPR	Cardio-pulmonary Resuscitation
LMS	Type of Ointment
OCPD	Officer in Charge of Police District (Malaysia)
ORS	Oral Rehydration Salt



CHAPTER 1

INTRODUCTION

1.1 Background

Hiking is one of recreation activities that attract many people for its own attractions. The popularity of recreational hiking has steadily increased since 1940s. The tourists' limitless needs and desires have caused the demand for recreation activity such as mountain hiking increases (Hajar, Salamiah, Norzuwana, & Norliza, 2015). This popularity in hiking increases the possibility for injury and illness among participants (Kogut & Rodewald, 1994). It shows that many people involve in this activity tend to get the risk and illness from the journey. Hiking activity can promise exhilaration and adventure because of risk and possible danger in mountaineering activity (Hajar et.al, 2015). Many people decline the risk of this activity to get their satisfaction by doing this activity. Regarding to this matter, the number of people doing this activity were not reduce as it increases by year. As the number of hikers increases, the numbers of injuries and illness will also increase. Therefore, hikers ought to know about the injuries and illness related with the hiking activity and how to be prepared for the consequences. According to Kogut and Rodewald (1994), hikers are advice to prepare for many possible emergencies as the hiking activity was associated with risk of injury and illness. Therefore, this study determines the awareness of first aid knowledge and

emergency preparedness among hikers to see whether they are prepared to face the risk on their own or not.

1.1.1 Hiking Activities in Cameron Highland

Department of Forestry in Pahang stated permit to get into the forest in Pahang is the bigger contribute to the ecotourism sector with 64% other than the use of facilities and other activity. This result show that Pahang has received a lot of hikers in ecotourism sector. Based on the final year report of 2018 from Department of Forestry in Pahang, Mountain Irau had been considered one of the popular places for hiking activities. Therefore, Cameron Highland became one of the best places that have high statistics for hiking activity. According to Department of Forestry in Cameron Highland, these hiking areas have received about 13598 of hikers in year 2018. Figure 1 show the number of hikers for hiking activity in Cameron Highland area in year 2018 which is provided by Department of Forestry Cameron Highland.

Total hikers per year

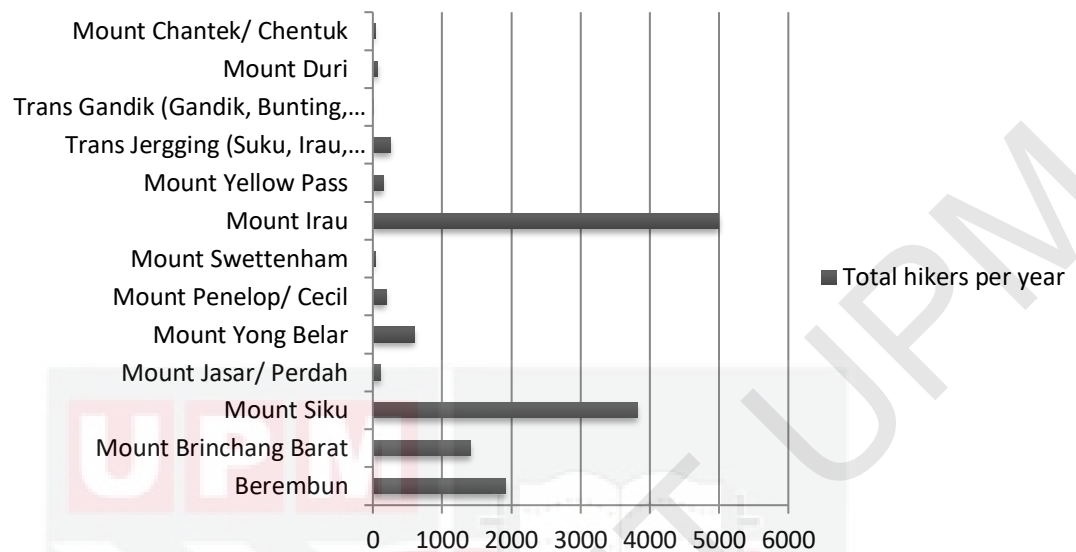


Figure 1: The number of hikers for hiking activity in permanent forest reserve Cameron Highland area in year 2018

1.1.2 Related Cases for First Aid and Emergency Preparedness in Cameron Highland

Due to the increases number of hikers in Cameron Highland area, the risk of injuries and illness increases. Therefore, many incidents occur in Cameron Highland area. The first cases related to emergency preparedness among hikers. Based on the report by Lin (2017), a woman hiker had reported lost in Mountain Irau, SAR had been in moved. This case had been confirmed that the woman had been separated from her hiking group because she strayed from the original track. The second cases also related to emergency preparedness. According to the report by Ivan Loh in The Star Online (2016), two Australians who lost during hiking expedition in Gunung Brinchang were found after search and

rescue process. Cameron Highland OCPD Deputy Supt. Hasadid A. Hamid confirmed that they victims not informed the police about their hiking trip. Because of the incident, he advice that hikers should inform the trip they want to go beforehand to the proper management.

1.1.3 Importance of First Aid and Emergency Preparedness

Nowadays, hiking is one of the recreation activities that becoming a trend. Many people from the local and foreigner are eager to join this kind of activity. Even though this activity exposes many injuries and illness, people are dying to join this activity. These situations have increasing the chance of injuries among the hikers. The injuries or illness of hikers during hiking activity can be a factor of death. Unintentional accident needs immediate and appropriate lifesaving care before the affected person get major treatment. This life saving care or first aid is an assessment and action taken to improve medical disorder that can be carried out by a person nearby immediately with minimal or without medical equipment (Alhejaili & Alsubhi, 2016). Generally, first aid knowledge is a basic life saver that can help saving lives within minutes.

Emergency preparedness refers to the step taken to make sure the safety before, during and after an emergency or natural disaster (Zucker, 2008). Managing numerous loss occasions is a center crisis nursing competency

(McMahon, 2014). People must know how to react and what to do if emergency situation occur. In other words, people will create a plan for their own safety to be prepared of any consequences. According to Zucker (2008), emergency plan is important for safety in both natural disasters and man-made disasters.

1.2 Problem Statement

Based on the report by Jazimah (2016), an injured women hiker was rescued by head of the fire and rescue station. The woman had injured her knee because she fell down at trail in Mountain Irau. The officer on duty gives the woman an early treatment of first aid before taking her out from the mountain. The early treatment is important as quick move made to spare real existence and lessen impacts of damage and disease until get the proper assistance for the treatment (Khan et.al, 2010). As stated in the report by Lin (2017), a woman hiker had reported lost in Mountain Irau, SAR had been in moved. This case had been confirmed that the woman had been separated from her hiking group because she strayed from the original track. These cases related to the lack of awareness towards first aid knowledge and emergency preparedness.

Thus, lack of awareness of hikers towards first aid and emergency preparedness can bring possibility of incidents for hiking activities

(Tanner & Doberstein, 2015). It is important to be prepared with emergency plan and first aid knowledge to minimize the possibility of injury and illness. (Muhamad Aliff, personal communication, Mountain Medicine Malaysia, 2019). Hence, this study is to determine the awareness towards first aid knowledge and emergency preparedness among hikers.

1.3 Objective of Study

- a) To examine the awareness of first aid knowledge among hikers in Cameron Highland.
- b) To identify the emergency preparedness among hikers in Cameron Highland.
- c) To examine the relationship between the first aid knowledge, emergency preparedness, hiking experience and the level of first aid knowledge among hikers in Cameron Highland.

1.4 Significance of Study

- a) Provide information about the importance of first aid knowledge and emergency preparedness among hikers.
- b) Raise the awareness among hikers to care about first aid knowledge and emergency preparedness while doing hiking activity.

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