



SINGAPORE RED CROSS SOCIETY

Red Cross Training Centre

BASIC CARDIAC LIFE SUPPORT (BCLS) COURSE SYNOPSIS

COURSE OBJECTIVES

The course is designed to prepare trainees with the ability to recognize several life threatening emergencies such as a heart attack. More importantly this course aims to equip the trainees with the knowledge and skills in providing resuscitation to collapsed adult, child and infant in a safe, timely and effective manner according to the guidelines established by the National Resuscitation Council (NRC), Singapore.

At the end of the course, trainees will be able to:

- Identify the rescuer's role in the chain of survival
- Activate the appropriate emergency response system
- Perform Cardiopulmonary Resuscitation (CPR) for infant, child and adult victims
- Relieve foreign body airway obstruction in a conscious and unconscious infant, child and adult victim

COURSE MODULES

- Module 1 - ADULT ONE RESCUER CPR
- Module 2 - ADULT FOREIGN BODY AIRWAY OBSTRUCTION
- Module 3 - INFANT ONE RESCUER CPR
- Module 4 - INFANT FOREIGN BODY AIRWAY OBSTRUCTION

ACCREDITATION

National Resuscitation Council (NRC), Singapore

CERTIFICATION

Upon successful completion, trainees will be awarded a BCLS card-size Certificate which is **valid for 2 years**

ENTRY REQUIREMENTS

- **Prior knowledge of CPR is necessary for trainees attending this course.**
- Able to speak and read in English effectively.
- Medically fit to perform CPR (resuscitation); have no underlying medical heart, lung conditions or any physical disabilities such as knee, spinal or joints injury history that prevents them from performing effective CPR (resuscitation). Pregnant ladies not allowed for safety precaution.

COLLECTION OF TRAINING NOTES

Trainees must **collect the training notes at least 2 weeks before the course commencement**, read the training notes and is familiar with the CPR sequence before attending the training. Please note our opening hours: Mon to Fri, 9am to 6pm (Closed 12:30pm to 2pm, Eve & on Public Holidays)

COURSE VENUE

Red Cross Training Centre (RCTC), Level 3. 15 Penang Lane, Red Cross House, Singapore 238486 (near Dhoby Ghaut MRT station).

COURSE FEE

- **S\$ 107.00** (inclusive of GST, training notes & 1 complimentary face-shield)
- **Corporate class** can be arranged at a minimum charge of 22 trainees per class = \$2354.00. Maximum class size is 24. Email corporate request to training.admin@redcross.org.sg

COURSE DURATION

6 training hours and 2 assessment hours (1 day from 9am to 6pm)

COURSE ASSESSMENT

- Theory Assessment (Multiple Choice Questions; 80% to pass).
- Practical Assessment (4 Modules).
- **Criteria:** 100% course attendance is required to sit for the assessment. Trainees must pass Theory to proceed to Practical. Trainees, who failed the theory assessment at their **1st attempt**, are allowed a 2nd attempt on the same day. If they fail the **2nd attempt** theory assessment, they would need to re-take the assessment (Theory & Practical) on another day. The re-assessment fee is **\$40.00**. Trainees, who failed the assessment on the **3rd attempt**, will have to re-take the entire course. Trainees who failed in any practical assessment will have to re-take the entire assessment (Theory & Practical).



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BASIC CARDIAC LIFE SUPPORT COURSE
(8 hours)
PROGRAMME SCHEDULE

TIME / HOURS	TOPICS	SESSION LEADER
0900 to 0930	INTRODUCTION: <ul style="list-style-type: none"> ◆ Course objectives ◆ Overview of programme ◆ Assessment format ◆ To instructors 	Chief Instructor (CI)
0930 to 1030	PRACTICAL DEMONSTRATION <ul style="list-style-type: none"> ◆ Adult One Man CPR ◆ Adult Foreign Body Airway Obstruction (FBAO) ◆ Infant CPR ◆ Infant Foreign Body Airway Obstruction (FBAO) ◆ Recovery Position 	CI / Instructors
1030 – 1045	TEA BREAK (on own)	
1045 – 1300	GROUP PRACTICE (1 instructor : 6 trainees)	Instructors
1300 – 1345	LUNCH (on own)	
1345 – 1530	GROUP PRACTICE (1 instructor : 6 trainees)	Instructors
1530 – 1745	THEORY AND PRACTICAL TEST	CI / Instructors
1745 – 1800	RESULTS & DEBRIEF	CI

NOTE

- ◆ Prior CPR knowledge is necessary for trainees attending this course.
- ◆ Please read the BCLS handouts before attending this course, as trainees are required to sit for a theory and practical assessment on the course day.
- ◆ Please dress appropriately in T-shirt, pants or shorts.

BASIC CARDIAC LIFE SUPPORT (BCLS)
COURSE DATES

To Apply for Our Public Classes, follow the below 3 steps

Step 1: Visit our website at <http://www.redcross.org.sg/articles/learn-first-aid>

Step 2: On **Learn First Aid** webpage, click on the [course titles](#) to view course schedule and synopsis.

Step 3: On **Learn First Aid** webpage, read [Terms & Regulations](#) before completing an [on-line](#) or [downloading the application](#)

An email confirmation with payment details will be sent to you at least 2 weeks before the course commencement.

For further queries, feel free to contact us at 6664 0500, Training Centre. We look forward to receiving your course application.

Print Date: 4-May-2012

Month	Language	Time	Day	Date
May	English	9am to 6pm	Saturday	19 May 2012 – FULL
June	English	9am to 6pm	Saturday	23 Jun 2012
July	English	9am to 6pm	Saturday	21 Jul 2012
August	English	9am to 6pm	Saturday	18 Aug 2012

Schedule for Sep & Oct 2012 classes will be open [after 1 Jul 2012](#)