



SINGAPORE RED CROSS SOCIETY

Red Cross Training Centre

BASIC FIRST AID (BFA) WORKSHOP (A non-certification, awareness workshop) SYNOPSIS & DATES

CREDENTIALS

Accredited Training Provider by the Ministry Of Manpower (MOM), Ministry of Community Development, Youth and Sports (MCYS), National Resuscitation Council (NRC) Singapore and National First Aid Council (NFAC). Approved Training Organisation by the Singapore Workforce Development Agency (WDA).

WORKSHOP OBJECTIVES

This concise and compact workshop is designed to equip anyone with the BASIC knowledge and skills in providing first aid treatment to common injuries and accidents that specifically happen at home. It is applicable to homemakers or domestic workers who just want the basic know-how so that they are better prepared at home.

At the end of the workshop, participants will be able to:

- Prevent common injuries and illnesses at home
- Activate the appropriate emergency response system
- Relieve foreign body airway obstruction (choking) for conscious adult victims
- Perform other first aid skills like bandaging and dressing a wound

This workshop DOES NOT certify you to be a first-aider. It is only meant for awareness purposes.

WORKSHOP TOPICS

- LESSON 1 PRINCIPLES & PRACTICE OF FIRST AID and the Emergency Action Plan.
- LESSON 2 TRAUMA FIRST AID; suffocation, heart attack, bleeding, wounds & shock.
- LESSON 3 NON TRAUMA FIRST AID; fits, diabetic coma, asthma, fever and vomiting & diarrhoea

STATEMENT OF ATTENDANCE

Participants will be awarded a Statement of Attendance (SOA).

ENTRY REQUIREMENTS

- Able to speak and read in English.
- 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.

WORKSHOP VENUE

Red Cross Training Centre (RCTC). 15 Penang Lane, Red Cross House, Level 3, Singapore 238486.

WORKSHOP FEE

- S\$ 60.00 (inclusive of GST, training notes & 1 complimentary roller bandage)
- Corporate workshops can be arranged at a minimum charge of 16 pax per workshop = \$960.00. Maximum size is 25. Email corporate request to training.admin@redcross.org.sg

WORKSHOP DURATION

1 day x 8 hours (9am to 6pm)

TO APPLY FOR OUR PUBLIC CLASSES, FOLLOW THE BELOW 3 STEPS

Step 1: Click [Learn First Aid](#) 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 dates and synopsis.

Step 3: On Learn First Aid webpage, read [Terms & Regulations](#) before completing [on-line](#) or [download 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: 25-Apr-2012

Month	Language	Time	Day	Date
May	English	9am to 6pm	Thursday	24 May 2012
June	English	9am to 6pm	Thursday	28 Jun 2012
July	English	9am to 6pm	Monday	30 Jul 2012
August	English	9am to 6pm	Tuesday	21 Aug 2012

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



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PROGRAMME SCHEDULE

Time	Outline	Activity by Instructor
9 – 10.30 am (90 minutes)	<u>Principles of First Aid</u> Introduction to First Aid, Being a First Aider Knowing Our Body First Aid Kit Recognizing Emergency, Emergency Action Plan	Powerpoint Presentation & video Company's First Aid items & uses will be explained
10.30 – 10.45am	Tea Break (on own)	
10.45 – 12 pm (75 minutes)	<u>Breathing Emergencies</u> Respiratory Distress & Breathing Difficulties <ul style="list-style-type: none"> • Hyperventilation & Asthma Airway obstruction Suffocation, Choking & Drowning Abdominal Thrust for Adult 	Powerpoint Presentation Demo & Hands On*
12.00 – 1.00pm	Lunch Break (on own)	
1.00 – 1.30pm (30 minutes)	<u>Cardiac Emergencies – Part I</u> Shock & Fainting	Powerpoint Presentation
1.30 – 2.45pm (75 minutes)	<u>Cardiac Emergencies – Part II</u> Disorders of the Heart Heart Attack & One man CPR	Powerpoint Presentation Demo by instructor
2.45 – 3.15 pm (30 minutes)	<u>Wounds and Bleeding Part I</u> Types of Wounds & Bleeding	Powerpoint Presentation
3.15 – 3.30pm	Tea Break (on own)	
3.30 – 4.15pm (45 minutes)	<u>Wounds and Bleeding Part II</u> Cleaning and Dressing Bandaging	Powerpoint Presentation Demo & Hands On*
4.15 – 5.30pm (75 minutes)	<u>Medical Condition Emergencies</u> Stroke, Fever, Headache Diarrhoea and Vomiting Cramp, Hysteria, Allergy Diabetic Emergencies <ul style="list-style-type: none"> • Hyperglycemia & Hypoglycemia 	Powerpoint Presentation
5.30 – 6pm (30 minutes)	Question and Answer	

* Hands-on session is limited due to timing constraint