



# SINGAPORE RED CROSS SOCIETY

## Red Cross Training Centre

### REFRESHER STANDARD FIRST AID (RFA) COURSE SYNOPSIS

#### 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).

#### COURSE OBJECTIVES

For those **renewing** their Standard First Aid certificate which expires at the end of three years. This course is designed to equip trainees with the ability to recognize several life threatening emergencies such as a heart attack or choking. More importantly this course aims to equip the trainees with the knowledge and skills in providing resuscitation to a collapsed adult and to relieve foreign body airway obstruction of an adult, in a safe, timely and effective manner. Other first aid skills include bandaging of wounds and immobilisation of fractures.

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
- Follow the Emergency Action Principles
- Perform the abdominal thrusts (or Heimlich Manoeuvre) for choking adult victims
- Perform the chest thrusts for an obese or pregnant choking adult victim
- Perform Cardiopulmonary Resuscitation (CPR) for adult victims

#### COURSE TOPICS

- LESSON 1 PRINCIPLES & PRACTICE OF FIRST AID and the Emergency Action Plan
- LESSON 2 THE RESPIRATORY SYSTEM and causes of breathing difficulties including choking
- LESSON 3 The CIRCULATORY SYSTEM, shock, bleeding, management of wounds and CPR
- LESSON 4 The NERVOUS SYSTEM, causes of unconsciousness, head, spinal, chest and abdominal injuries
- LESSON 5 The MUSCULOSKELETAL SYSTEM, Fractures and Soft Tissue Injuries
- LESSON 6 THE SKIN, Burn Injuries, Bites & Stings, Poisoning, Heat Disorders & Transportation of Casualties

#### CERTIFICATION

Upon successful completion, trainees will be awarded a Standard First Aid Certificate which is **valid for 3 years**

#### ENTRY REQUIREMENTS

- Trainees must have a **valid (not expired)** Standard First Aid / Adult First Aid certificate issued by the Singapore Red Cross, St. John Ambulance or Ministry of Manpower to attend Refresher Standard First Aid course. Red Cross reserves the right to reject the application if the applicant does not meet this enrolment criterion.
- 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.

#### COURSE VENUE

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

#### COURSE FEE

- **S\$ 80.00** (inclusive of GST, training notes, 2 complimentary bandages & 2 face-shields)
- **Corporate class** can be arranged at a minimum charge of 20 trainees per class = \$1600.00 (+\$100.00 transport fee if training is at client's venue). Maximum class size is 24.  
Email corporate request to [training.admin@redcross.org.sg](mailto:training.admin@redcross.org.sg)

#### COURSE DURATION

9 training hours and 3 assessment hours (2 day x 6 hours from 10am to 5pm) or (4 evenings x 3 hours from 6:30pm to 9:30pm)

#### COURSE ASSESSMENT

- Theory Assessment (Multiple Choice Questions; 60% to pass). Trainees must pass Theory to proceed to Practical.
- Practical Assessment (Bandaging, Foreign body airway obstruction and CPR).
- **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 **1<sup>st</sup> attempt**, are allowed a **2<sup>nd</sup> attempt** on the same day. If they fail the **2<sup>nd</sup> attempt** theory assessment, they would need to re-take the assessment (Theory & Practical) on another day. The re-assessment fee is **\$20.00**. Trainees, who failed the assessment on the **3<sup>rd</sup> 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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**Red Cross Training Centre**

**REFRESHER STANDARD FIRST AID (RFA)**  
**COURSE DATES**

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

**Step 1:** Click [Learn First Aid](http://www.redcross.org.sg/articles/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

| Type                     | Time        | Days      | Course Dates     |
|--------------------------|-------------|-----------|------------------|
| <b>ENGLISH<br/>(Day)</b> | 10am to 5pm | Mon & Tue | 21 & 22 May 2012 |
|                          | 10am to 5pm | Mon & Tue | 25 & 26 Jun 2012 |
|                          | 10am to 5pm | Mon & Tue | 23 & 24 Jul 2012 |
|                          | 10am to 5pm | Mon & Tue | 27 & 28 Aug 2012 |

| Type                         | Time             | Days       | Course Dates      |
|------------------------------|------------------|------------|-------------------|
| <b>ENGLISH<br/>(Evening)</b> | 6:30pm to 9:30pm | Mon to Thu | 28 to 31 May 2012 |
|                              | 6:30pm to 9:30pm | Tue to Fri | 26 to 29 Jun 2012 |
|                              | 6:30pm to 9:30pm | Tue to Fri | 24 to 27 Jul 2012 |
|                              | 6:30pm to 9:30pm | Tue to Fri | 28 to 31 Aug 2012 |

Classes conducted in Mandarin are no longer available.

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