



# SINGAPORE RED CROSS SOCIETY

## Red Cross Training Centre

Title	<b>FIRST AID AWARENESS TALK – ENGLISH</b>
Time	<b>2-hours</b>
Venue	Red Cross Training Centre (RCTC), Level 3. 15 Penang Lane, Singapore 238486 or Client's location ( <i>Please see training aids requirement</i> )
Talk Fee	\$360.00 (with GST for 40 participants or below) \$480.00 (with GST for above 40 participants to maximum 50) <ul style="list-style-type: none"> <li>Minimum charge is \$360.00 per talk (with GST).</li> <li>Each talk is limited to maximum 20 participants if you would like to have total hands-on</li> <li>Customised topics can be arranged at additional \$120.00 (with GST).</li> </ul>
Training Aids	<u>Applicable if talk is conducted at client's location</u> - A Laptop/PC (with windows media player) and A LCD Projector - Sound system (for playing of videos/ music) - <b>Room set-up:</b> classroom style arrangement with chairs, ample open space for demonstration/ hands-on practical.

**Outline:**

Time	Outline	Activity by Instructor
30 minutes	Welcome Audience Emergency Action Plan	Theory
30 minutes	Choking – Conscious / Unconscious (Heimlich Manoeuvre)	Demonstration by Instructor with limited hands-on if time permits
10 minutes	Tea Break (on own)	
50 minutes	CPR – One man rescuer (Heart Saver) Recovery Position	Demonstration by Instructor with limited hands-on if time permits



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<b>Title</b>	<b>FIRST AID AWARENESS TALK – ENGLISH</b>
<b>Time</b>	<b>3-hours</b> (10am to 1pm or 2pm to 5pm)
<b>Venue</b>	Red Cross Training Centre (RCTC), Level 3, 15 Penang Lane, Singapore 238486 or Client's location ( <i>Please see training aids requirement</i> )
<b>Talk Fee</b>	\$360.00 (with GST for 40 participants or below) \$480.00 (with GST for above 40 participants to maximum 50) <ul style="list-style-type: none"> <li>• Minimum charge is \$360.00 per talk (with GST).</li> <li>• Each talk is limited to maximum 20 participants if you would like to have total hands-on</li> <li>• Customised topics can be arranged at additional \$120.00 (with GST).</li> </ul>
<b>Training Aids</b>	<u>Applicable if talk is conducted at client's location</u> - A Laptop/PC (with windows media player) and A LCD Projector - Sound system (for playing of videos/ music) - <u>Room set-up</u> : classroom style arrangement with chairs, ample open space for demonstration/ hands-on practical.

**Outline:**

<b>Time</b>	<b>Outline</b>	<b>Activity by Instructor</b>
60 minutes	1. Importance of First Aid 2. First Aid Box item and its uses 3. Emergency Action Plan	- Powerpoint Presentation with video - Company's First Aid items & uses will be explained
30 minutes	1. Choking ( Heimlich Manoeuvre )	- Powerpoint Presentation - Demonstration with limited hands-on
15 minutes	Tea Break (on own)	
65 minutes	1. One-man Adult CPR (Heart Saver) 2. Recovery Position	- Powerpoint Presentation - Demonstration with limited hands-on
10 minutes	Question and Answer	



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Title	<b>FIRST AID AWARENESS TALK – ENGLISH</b>
Time	<b>6-hours (10am to 4pm)</b>
Venue	Red Cross Training Centre (RCTC), Level 3. 15 Penang Lane, Singapore 238486 or Client's location ( <i>Please see training aids requirement</i> )
Talk Fee	\$720.00 (with GST for 40 participants or below) \$840.00 (with GST for above 40 participants to maximum 50) <ul style="list-style-type: none"> <li>Each talk is limited to maximum 20 participants if you would like to have total hands-on</li> <li>Customised topics can be arranged at additional \$120.00 (with GST).</li> </ul>
Training Aids	<u>Applicable if talk is conducted at client's location</u> - <b>A Laptop/PC (with windows media player) and A LCD Projector</b> - <b>Sound system (for playing of videos/ music)</b> - <b>Room set-up: classroom style arrangement with chairs, ample open space for demonstration/ hands-on practical.</b>

**Outline:**

Time	Outline	Activity by Instructor
40 minutes	1. Importance of First Aid 2. First Aid Box item and its uses 3. Emergency Action Plan	Powerpoint presentation & video will be played Company's First Aid items & uses will be explained
25 minutes	1. Disorder of Consciousness - Fainting - Fits 2. Disorder of Breathing - Asthma - Hyperventilation	Powerpoint Presentation
10 minutes	Tea Break (on own)	
30 minutes	1. Bleeding - Types of Wounds	Powerpoint Presentation
60 minutes	Lunch Break (on own)	
60 minutes	1. Bandaging - Large Arm sling and Elevation sling 2. Roller Bandaging	Powerpoint Presentation Demonstration with hands-on
30 minutes	1. Choking ( Heimlich Manoeuvre )	Powerpoint Presentation Demonstration with hands-on
10 minutes	Tea Break	
75 minutes	1. CPR – One man rescuer (Heart Saver) 2. Recovery Position	Powerpoint Presentation Demonstration with limited Hands-on
10 minutes	Transportation Of Casualty	Powerpoint Presentation
10 minutes	Question and Answer	



**SINGAPORE RED CROSS SOCIETY**  
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**FOR PRIMARY SCHOOLS - STUDENTS**

<b>Title</b>	<b>FIRST AID AWARENESS TALK – ENGLISH</b>
<b>Time</b>	<b>3-hours</b> (10am to 1pm or 2pm to 5pm)
<b>Venue</b>	Red Cross Training Centre (RCTC), Level 3, 15 Penang Lane, Singapore 238486 or Client's location ( <i>Please see training aids requirement</i> )
<b>Talk Fee</b>	\$360.00 (with GST for 40 participants or below) \$480.00 (with GST for above 40 participants to maximum 50) <ul style="list-style-type: none"> <li>• Minimum charge is \$360.00 per talk (with GST).</li> <li>• Each talk is limited to maximum 20 participants if you would like to have total hands-on</li> <li>• Customised topics can be arranged at additional \$120.00 (with GST).</li> </ul>
<b>Training Aids</b>	<u>Applicable if talk is conducted at client's location</u> - A Laptop/PC (with windows media player) and A LCD Projector - Sound system (for playing of videos/ music) - <u>Room set-up</u> : classroom style arrangement with chairs, ample open space for demonstration/ hands-on practical.

**Talk Outline:**

<b>Time (pm)</b>	<b>Outline</b>	<b>Practical</b>
10 mins	Welcome Audience	
15 mins	Talk Commences - What is First Aid - Role of a First Aider	Powerpoint Presentation & video
50 mins	<u>Simple Information</u> - Wounds - Fractures - Simple Bandaging	Powerpoint Presentation & Demo
15 mins	Break	
30 mins	<u>Simple Information</u> - Sprains - Nose Bleed - Fever - Fainting - Shock - Burns	Powerpoint Presentation
45 mins	Choking – Conscious Heimlich Manoeuvre/ Chest Thrust	Powerpoint Presentation & Demo
15 mins	Transportation of Casualty	Powerpoint Presentation