



SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



Course Title	Advanced Outdoor Wilderness First Aid Provider Course (AOWFA)
Course Description	For Individuals or Interest group who wants to be certified competent to be train in Advanced Outdoor Wilderness First Aid skills with improvised methods.
Course Objective	By the end of the course, learners will have the relevant knowledge and application skills in Outdoor Wilderness First Aid to apply during an emergency or accident: <ol style="list-style-type: none"> 1. Perform Primary and Secondary Survey for Outdoor emergencies. 2. Perform Improvised carrying techniques. 3. Perform various techniques of bandaging for Outdoor emergencies.
Course Module Description	Chapter 1: Essential of Outdoor First Aid Chapter 2: Musculoskeletal injuries Chapter 3: Exposure to Environmental Element Chapter 4: Casualty Transportation Chapter 5: Case Simulation
Ratio	Lecture - 1 Facilitator : 16 Learners Small Group Practical - 1 Facilitator: 6 Learners (up to 2 Facilitators per class)
Language Medium	AOWFA is available in English
Attire	Casual (T-shirt, Jeans and Covered Shoes)
Prerequisites	<p>P1. Valid (not expired) SFA Provider Certification (SRFAC- accredited).</p> <p>P2. We highly recommend individuals to have attained at least secondary two education or level 5 of ESS Workplace Literacy and Numeracy.</p> <p>P3. Must be physically fit and able to render help to another individual during an emergency.</p> <p>P4. Medically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Learners with medical problems, such as bronchial asthma, any upper respiratory tract infection, orthopaedic problems (e.g. slipped disc), are encouraged to consult their own doctors before attending the course. In case of doubt, please consult your doctor first and produce a Letter/Memo to indicate if fit for training.</p> <p>P5. Pregnant ladies are discouraged from undertaking the course practice due to safety reasons. In case of doubt, please consult your doctor first and produce a Letter/Memo to indicate if fit for training. You are advised to defer taking the course to at least 6 weeks after delivery.</p>



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Assessment	<p>A1. Learners would need to fulfil 100% course attendance in order to be eligible for the assessments.</p> <p>A2. Assessment Outline:</p> <p>(i) Written Assessment (Up to 3 attempts to pass)</p> <p>- 40 Multiple Choice Questions (80% to pass)</p> <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <p>- Case Scenarios</p>
Course Duration	<p>16 hours of face-to-face classroom training</p> <p>Total: 16 hours</p>
Course Fees	<p>SGD \$350 per participant (exclusive of GST)</p>
Certification	<p>C1. The Outdoor/ Wilderness First Aid course is awarded by the Singapore Red Cross Academy.</p> <p>C2. A credit card-sized certificate with 2 years validity will be issued upon successful completion by attaining Competent.</p>



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Training Schedule

Advanced Outdoor Wilderness First Aid Provider Course outline			
Chapter	Content	Methodology	Duration
1	Essential of Outdoor First Aid 1.1 Difference between Urban First Aid and Outdoor/ Wilderness First Aid 1.2 Primary Survey 1.3 Secondary Survey 1.4 Common Medication	<ul style="list-style-type: none"> • Discussion • Demonstration • Practical Training 	60 mins 120 mins
2	Musculoskeletal injuries 2.1 Immobilisation/Bandaging <ul style="list-style-type: none"> • Arm, Wrist, Ankle (Figure of Eight) 	<ul style="list-style-type: none"> • Demonstration • Practical Training 	120 mins
3	Exposure to Environmental Element 3.1 Hypothermia 3.2 Hydration 3.3 Altitude Illness 3.4 Lightning 3.5 Wilderness Wounds 3.6 Wound Infection	<ul style="list-style-type: none"> • Discussion • Demonstration • Practical Training 	30 mins 60 mins
4	Casualty Transportation 4.1 Improvised Stretchers	<ul style="list-style-type: none"> • Demonstration • Practical Training 	30 mins 60 mins
5	Case Simulation	<ul style="list-style-type: none"> • Role-Play • Simulation 	240 mins
Assessment	<ul style="list-style-type: none"> • 40 MCQ: 80% to pass, up to 3 attempts • Practical Testing with separate retesting scenarios • Retest for failures up to 3 times (max) • Course Evaluation • Issuance of Certificate Card 	<ul style="list-style-type: none"> • Written Assessment • Practical Assessment 	40 mins 200 mins
Total hours			16 hours