



## SINGAPORE RED CROSS ACADEMY WORKSHOP INFORMATION



<b>Workshop Title</b>	<b>CPR + AED Awareness Workshop (CAAW)</b>
<b>Workshop Description</b>	For Organisations, Schools, Families, Volunteers and Individuals who wants to be aware and train in basic CPR + AED skills and knowledge as part of our SGSecure, Total Defence Movement and Basic Heart-Save Workshop.
<b>Workshop Objective</b>	By the end of this classroom-based training workshop, learners will have the basic knowledge and application skills in CPR + AED to apply during an emergency: <ol style="list-style-type: none"> <li>1. Perform Cardiopulmonary Resuscitation (CPR) effectively on adult unconscious casualties.</li> <li>2. Perform the use of an Automated External Defibrillator (AED) effectively on adult unconscious casualties.</li> </ol>
<b>Workshop Duration</b>	2 hours of face-to-face classroom-based training. <ul style="list-style-type: none"> <li>• Total: <b>2 hours</b></li> </ul>
<b>Workshop Fees</b>	<b>SGD \$30.00</b> per participant (exclusive of GST).
<b>Ratio</b>	Mirrored Demonstrations with Hands-on Practice in Pairs. 1 Facilitator: 10 Learners (up to 2 Facilitators per class).
<b>Class Size</b>	Minimum of 10pax to run, up to a Maximum of 20pax per session.
<b>Prerequisites</b>	<p>P1. We highly recommend individuals to have attained at least primary six education.</p> <p>P2. Must be physically fit and able to render help to another individual during an emergency.</p> <p>P3. 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>P4. Pregnant ladies are discouraged from undertaking the CPR 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>
<b>Language Medium</b>	CPR + AED is available in English & Mandarin (separate sessions if required).



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<b>Assessment</b>	There is no assessment for this CPR + AED Awareness Workshop.
<b>Certification</b>	<ul style="list-style-type: none"> <li>• There is no certification for this CPR + AED Awareness Workshop.</li> <li>• An e-Certificate of Attendance/Participation is chargeable for administrative fees at SGD \$20.00 (before GST) per workshop run.</li> </ul>
<b>Attire</b>	Casual (T-shirt, Jeans and Covered Shoes)
<b>Other Notes</b>	Please provide us with access to the venue with at least 30 minutes setup time prior to the 2 hours workshop training and at least 30 minutes teardown time after training.

<b>CPR + AED Awareness Workshop (CAAW) Outline</b>			
<b>Module</b>	<b>Content</b>	<b>Methodology</b>	<b>Duration</b>
<b>CPR + AED (2 hours)</b>	<ul style="list-style-type: none"> <li>• Introduction of CPR + AED Awareness Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> </ul>	<b>15 minutes</b>
	<ul style="list-style-type: none"> <li>• Supervised Practice of Adult 1-man CPR + AED (Hands-only)</li> </ul>	<ul style="list-style-type: none"> <li>• Mirrored Demonstration</li> <li>• Drill and Practice</li> </ul>	<b>1 hour 30 minutes</b>
	<ul style="list-style-type: none"> <li>• Questions &amp; Answers</li> <li>• Debrief</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion</li> </ul>	<b>15 minutes</b>
<b>Total hours</b>			<b>2 hours</b>

