

# SINGAPORE RED CROSS ACADEMY



**PROSPECTUS 2017-2018**



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## SINGAPORE RED CROSS ACADEMY

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# ABOUT US

Singapore Red Cross is part of the National Society under the International Red Cross Red Crescent Movement, the world's largest humanitarian network, with volunteers and supporters from over 190 National Societies worldwide. We continually work with our local and international partners to co-develop the suite of programmes for the Singapore Red Cross Academy.

We are dedicated to relieving human suffering, protecting lives and dignity and responding to emergencies since 1949. We serve the vulnerable through our blood donor recruitment programme, Home and day activity centre for the disabled, transport aid, food aid and community first aid.

We build capacity and resilience through our training academy, and volunteer and youth development.

## VISION

To realise Singapore Red Cross as a leading and distinctive humanitarian organisation that brings people and institutions together in aid of the vulnerable.

## MISSION

Singapore Red Cross is dedicated to relieving human suffering, protecting human lives and dignity and responding to emergencies.

## CORE VALUES

Our values guide us in the approach of our daily work, and we seek to uphold these in our delivery of humanitarian programmes to all participants.

### COMPASSION

Having a caring culture and a love for people in whatever we do, guided by the seven principles of the Red Cross Red Crescent Movement.

### PASSION

Giving our heart and soul selflessly in all that we do.

### PROFESSIONALISM

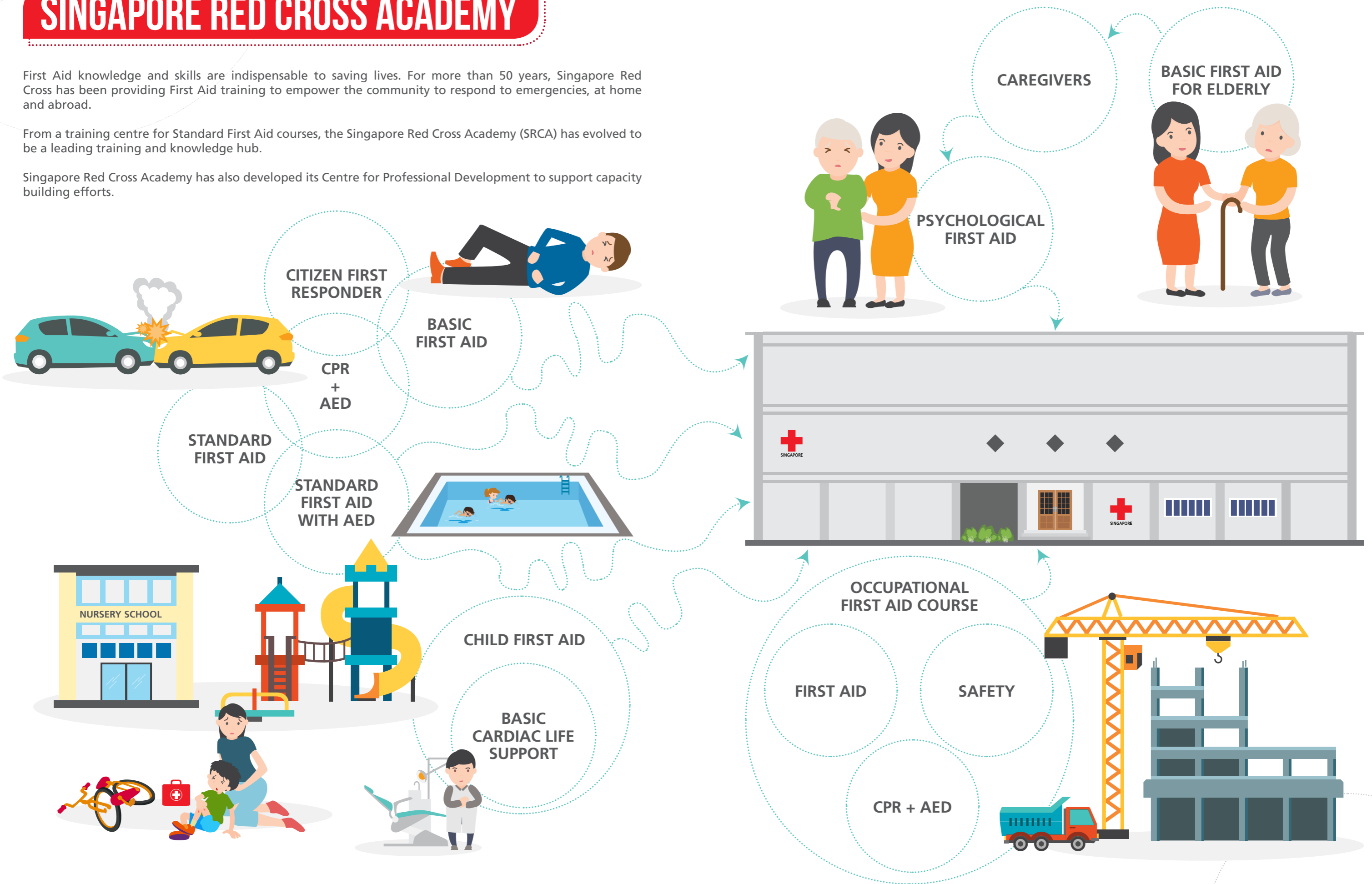
Achieving excellence in our service delivery with integrity and transparency.

# SINGAPORE RED CROSS ACADEMY

First Aid knowledge and skills are indispensable to saving lives. For more than 50 years, Singapore Red Cross has been providing First Aid training to empower the community to respond to emergencies, at home and abroad.

From a training centre for Standard First Aid courses, the Singapore Red Cross Academy (SRCA) has evolved to be a leading training and knowledge hub.

Singapore Red Cross Academy has also developed its Centre for Professional Development to support capacity building efforts.





# FIRST AID

Learn First Aid to help someone in need - You can save lives!

Courses/ Programmes	Fees	Duration	Training Hours	Types of Funding	Certificate Validity
Standard First Aid with AED	\$185	2.5 days	20	For Non-Company Sponsored Participants: SkillsFuture Credit For Company Sponsored Participants: SDF Training Grant	2 years
Refresher Standard First Aid with AED	\$160	2 days	16.5	x	2 years
CPR + AED	\$125	0.5 day	4	x	2 years
Occupational First Aid Course	\$320	3 days	23.5	For Company Sponsored Participants: SDF Training Grant	2 years
Refresher Occupational First Aid Course	\$280	2 days	17.5	x	2 years
Child First Aid Course	\$160	2.5 days	20	For Company Sponsored Participants: SDF Training Grant	2 years
Refresher Child First Aid Course	\$125	2 days	16	x	2 years
Basic Cardiac Life Support	\$125	1 day	8	x	2 years
Refresher Basic Cardiac Life Support	\$100	0.5 day	4	x	2 years
Basic Cardiac Life Support + AED	\$220	1 day	8	x	2 years
Refresher Basic Cardiac Life Support + AED	\$200	1 day	6	x	2 years
Citizen First Responder Programme	\$80	1 day	7	x	2 years
Psychological First Aid	\$120	1 day	8	Agency for Integrated Care (AIC) Training Grant	-
Caregiver's Course in Elderly First Aid	\$100	1 day	8	Agency for Integrated Care (AIC) Training Grant	-
Basic First Aid (Workshop)	\$60	1 day	8	x	-
Basic First Aid (Talk)	\$420 - \$578	Custom	Custom	x	-
Young First Aid	\$60	-	2	x	-
Junior First Aid	\$75	-	3	x	-

**Note:**  
 #Prices listed are not inclusive of GST  
 #All our courses are conducted in English  
 #We offer customisation of topics and programmes. Reach us at [academy@redcross.sg](mailto:academy@redcross.sg) to find out more

## BASIC FIRST AID WORKSHOP/TALK

An introductory course to First Aid for all!

Whether it is to improve your general knowledge on First Aid or just to refresh your memory and skills, this workshop provides an overview of First Aid principles to prepare you for the role of a First Aider.

This programme can be organised as a talk or team bonding activity.

### Learning Opportunities

- Preventive measures for common injuries (eg. choking) and illnesses
- Basic First Aid skills eg. Bandaging, Wound Dressing

### Things to Note:

- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### Recommended for:

Individuals keen on learning basic lifesaving skills for personal development



## CAREGIVER BASIC FIRST AID FOR ELDERLY

(Programme endorsed by AIC)

Do you have ageing parents or elders under your care? Do you know what to do when they get injured?

### Learning Opportunities

- Basic First Aid techniques for common, elderly-related medical emergencies and illnesses eg. falls, heart attack, stroke
- Health, fitness and safety tips for the elderly, eg. special dietary needs, fall prevention tips, etc.
- Learn to recognise medical emergencies and provide early assistance
- Perform Cardiopulmonary Resuscitation (CPR) for elderly casualties

### Things to Note:

- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### Recommended for:

Caregivers of the Elderly



### CAREGIVER BASIC FIRST AID FOR ELDERLY

Guide to First Aid
Heartsaver Adult
Falls and Common Injuries
Managing Common Chronic Illnesses (eg. Stroke, Diabetes, Dementia)
Practical Assessment

## STANDARD FIRST AID

(Accredited by the National First Aid Council)

## STANDARD FIRST AID WITH AED

(Accredited by the National First Aid Council, National Resuscitation Council; Approved by Sport Singapore & the National Registry of Coaches)



Accidents happen when you least expect it. Be a certified First Aider and prepare yourself for emergency situations. Equip yourself with the know-hows on recognising a medical emergency situation and performing First Aid treatments for common accidents.

### Learning Opportunities

- Role of First Aider
- Identifying, planning and managing an emergency situation
- Managing common accidents, medical emergencies, illnesses, injuries and its causes
- Effective Cardiopulmonary Resuscitation (CPR) for adult victims

### Things to Note:

- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### Recommended for:

Individuals requiring basic First Aid certification for personal development; Organisations requiring employees\* to be trained First Aiders.

\*For general employees who are not assigned a workplace safety and health related role

### Standard First Aid Standard First Aid with AED

Guide to First Aid
Heartsaver (Adult)
Unconsciousness
Poison, Bites and Stings
Wounds
Musculoskeletal Injuries
Heat Related Injuries
CPR + AED (for Standard/Refresher First Aid with AED courses only)
Theory and Practical Assessments

**Refresher Course Available!**

## OCCUPATIONAL FIRST AID COURSE

(Accredited by the Ministry of Manpower, in compliance with ISO 29990:2010 for Learning Service Providers)



Join this course to learn to manage and provide First Aid in medical emergencies and occupational hazards (e.g. chemical burns, falls) within a workplace.

Applicable for Safety Development Unit (SDU) Points!

### Learning Opportunities

- Duties and responsibilities of a First Aider at a workplace
- Understanding the legal requirements listed under the Workplace Safety and Health (First Aid) Regulations
- Familiarisation of First Aid kit items
- Common workplace accidents and its accompanying First Aid treatments - Including prevention of such hazards
- Importance of early response to medical emergencies at the workplace
- Help victims of hazardous chemicals exposure
- Perform Cardiopulmonary Resuscitation (CPR) for adult victims with the appropriate use of the AED

### Things to Note:

- ESS Workplace literacy and numeracy Level 5 and above
- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### Recommended for:

Employees assigned with a WSH-related role (e.g. Construction Workers, Lab technicians); Employees of organisations in WSH-related industries (e.g. Oil and Gas, Building and Construction).

### OCCUPATIONAL FIRST AID COURSE

Full Course: 23 SDU Points

Refresher Course: 17 SDU Points

Principles and Practice of First Aid
First Aid Requirements in Factories and other Workplaces
Wounds, Bleeding and Shock
Fractures and Soft Tissue Injuries
Handling and Transportation of the Injured
CPR + AED
Managing Breathing Difficulties
Managing Unconscious Patient
Occupational Eye Injuries
Treating Burn Related Injuries
Theory and Practical Assessments

**Refresher Course Available!**

## CHILD FIRST AID

(Accredited by the National First Aid Council, Approved by Early Childhood Development Agency)



According to the Early Childhood Development Agency (ECDA), most accidents involving children happen at home. In some instances, such injuries may even lead to fatal consequences, if first assistance is not rendered immediately and appropriately.

Be it at home or outside, children and infants are prone to sustaining injuries such as choking and fractures. Know how to manage them now including the proper CPR techniques for the little ones.

### Learning Opportunities

- First Aid skills for common accidents amongst children and infant at home or in school
- Effective Cardiopulmonary Resuscitation (CPR) for infant and child casualties
- Managing Foreign Body Airway Obstruction on children and infants

### Things to Note:

- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### Recommended for:

Infant and Child Care Providers; Personnels from the Early Childhood Industry

### CHILD FIRST AID

Principles and Practice of First Aid

The Respiratory System in a Child

The Circulatory System

The Nervous System

The Musculoskeletal System

Skins and Managing Burn-Related Injuries

Practical Lessons (Bandaging and CPR)

Theory and Practical Assessments

 **Refresher Course Available!**

## CITIZEN FIRST RESPONDER PROGRAMME

(Accredited by the National First Aid Council and the National Resuscitation Council)



In Singapore, the emergency ambulance takes about 8 to 12 minutes on average to arrive when activated. With every passing minute, the survival rate for the casualty decreases.

Become a citizen first responder in your community. Render help to other fellow citizens in need - it could be your friends, family, colleagues or neighbours who might need your help.

### Learning Opportunities

- Effective resuscitation methods through early Cardiopulmonary Resuscitation (CPR) and defibrillation for cardiac arrest casualties
- Basic First Aid treatment for common medical injuries eg. stroke, breathing difficulties
- Early preparedness - Knowing your First Aid kit & its contents
- Activating appropriate emergency response

### Things to Note:

- Able to understand and read basic English
- No history or underlying medical heart and lung conditions
- Must be physically fit - no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course.
- Pregnant ladies are highly discouraged from undertaking the CPR practice due to safety reasons. Please consult your doctor before attending the course.

### Recommended for:

Individuals keen on learning basic lifesaving skills for personal development and to serve the community

### CITIZEN FIRST RESPONDER PROGRAMME

Cardiac Arrest and You

Cardiopulmonary Resuscitation (CPR)

Automated External Defibrillator (AED)

Knowing your Home First Aid Kits

Knowing the 7 Common Medical Conditions

Theory and Practical Assessments

### Note:

[1] Attending this programme will only qualify you to become a first responder. In order to be a certified first aider, please refer to the list of available First Aid courses

[2] Refresher course available from 2018 onwards

## CPR + AED

(Accredited by the National Resuscitation Council)



When a cardiac arrest occurs, the chance of survival lowers. Early administration of CPR, used with AED, the overall survival rate can be increased by up to 5 times!

Learn your role as a rescuer in the Chain of Survival through this compact 4-hour course.

### Learning Opportunities

- Effective resuscitation methods through early Cardiopulmonary Resuscitation (CPR) and defibrillation for cardiac arrest casualties
- Managing cardiac arrest casualties - Know its signs, symptoms and early preventive measures
- Chain of Survival and your role as a rescuer

### Things to Note:

- Prior CPR knowledge is recommended
- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course.
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### CPR + AED

Cardiac Arrest and You

Cardiopulmonary Resuscitation (CPR)

Automated External Defibrillator (AED)

Familiarisation of the AED Kits

Theory and Practical Assessments

### 🔄 Refresher Course Available!

#### Recommended for:

Individuals keen on learning basic lifesaving skills for personal development; First Aiders with prior CPR knowledge keen on upgrading their lifesaving skills and knowledge

## BASIC CARDIAC LIFE SUPPORT

(Accredited by the National Resuscitation Council)

About 1,400 cases of cardiac arrest occur outside of the hospital every year. Early First Aid intervention can largely improve the chance of survival for the casualties.

Learn First Aid and understand the role of a rescuer in the chain of survival through this one-day intensive course.

### Learning Opportunities

- Understand the concept of Chain of Survival
- Know the vital functions of the heart
- Recognise causes, signs and symptoms of a heart attack
- Provide resuscitation (CPR) to an adult, child and infant
- Learn to manage Foreign Body Airway Obstruction (choking) in adult, child and infant casualties

### Things to Note:

- Prior CPR knowledge is required
- No history or underlying medical heart and lung conditions
- Must be physically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Please consult your doctor before attending the course
- Pregnant ladies are discouraged from undertaking the CPR practice due to safety reasons. In case of doubt, please consult your doctor before attending the course

### Recommended for:

First Aiders with prior CPR knowledge keen on upgrading or refreshing their skills and knowledge; Individuals requiring a valid First Aid certificate for professional requirements.

### BASIC CARDIAC LIFE SUPPORT\*

The Chain of Survival

Heart Attack

Adult CPR - One Rescuer

Guidelines for Proper Chest Compression

Managing Foreign Body Airway Obstruction (Choking) in Adult and Infant Casualties - Includes Infant CPR

Safety in CPR Training

Theory and Practical Assessments

#Refresher course available on corporate demand

## TECHNICAL TRAINING FOR ELDERAID VOLUNTEERS

ElderAid mobilises community volunteers to care for and build resilience of the disadvantaged and the elderly. The programme trains volunteers to effectively befriend and care for the elderly.

Participants will learn relevant First Aid knowledge including treatment of common injuries and illnesses (eg. hypertension, diabetes, stroke) amongst the elderly, as well as how to effectively assist them in daily life.

### Learning Opportunities

- Recognise medical emergencies involving elderlies
- Respond to medical emergencies and situations, and provide First Aid
- Undertake simple and preventive measures to ensure safety for the elderly
- Learn to assist the elderly using walking aids, transfer and positioning methods

### TECHNICAL TRAINING FOR ELDERAID PROGRAMME VOLUNTEERS

Introduction to First Aid for elderly

Common injuries of elderly

Managing common illnesses including hypertension, fever, stroke, dementia, diabetes and more

Monitoring of vital signs including reading of pulse, blood pressure and glucose level

Introduction to wound management

Transfer techniques and transportation of elderly casualties

Home Safety



It's never too young for anyone to be a lifesaver.

Designed for the little ones, this highly interactive course allows children to learn First Aid in very fun ways.

**Learning Opportunities**

- Basic First Aid knowledge through interactive activities and quizzes
- Activating appropriate help during medical emergencies

YOUNG FIRST AID (For children aged 4 to 7 years old)
First Aid For and By the Little Ones
My Body and Me
First Aid with Ranger Roger - A Series of Fun Classroom Activities for the Little Ones!
JUNIOR FIRST AID (For children aged 8 to 11 years old)
Junior First Aid - Ranger Roger's Toolkit
My Body and Me II
I Want To Be Like Ranger Roger!



# HUMANITARIAN EDUCATION

At the Singapore Red Cross, we believe in empowering individuals by equipping them with knowledge and relevant skill sets to prepare for and respond to natural disasters, as well as other humanitarian crises.

“Education enables young people to learn skills and competencies which are required to find appropriate and innovative solutions for challenges.” - International Federation of Red Cross and Red Crescent Societies (IFRC)

The Humanitarian Education Framework by the International Red Cross Red Crescent Movement aims to incorporate humanitarian perspectives and values into educational policies, curriculum and subjects.

The series of Humanitarian Education programmes, offered by the Singapore Red Cross Academy, promotes an appreciation for humanitarian work both locally and internationally.

## INTERNATIONAL HUMANITARIAN LAW (IHL) AWARENESS PROGRAMME

A short two-hour introduction to IHL - its origins, why it is important, what it covers and more.

**Learning Opportunities**

- General knowledge on International Humanitarian Law
- Origins of IHL

**Recommended for:**

Individuals with an interest in basic IHL knowledge

INTERNATIONAL HUMANITARIAN LAW BASIC AWARENESS PROGRAMME
The Origins of IHL
Development of IHL Over the Years
Sections of Geneva Conventions and Additional Protocols

## EXPLORING HUMANITARIAN LAW (EHL)

(Designed by the International Committee of the Red Cross, ICRC)

In situations of armed conflict, a set of regulations known as the International Humanitarian Law (IHL) or 'the law of war', comes into play.

IHL limits the impact of conflicts by protecting people who are not or are no longer participating in hostilities, such as wounded soldiers, prisoners and detainees of war. IHL also restricts the means and methods of warfare.

This 8-hour programme introduces IHL with activities, group discussions and simulations.

**Learning Opportunities**

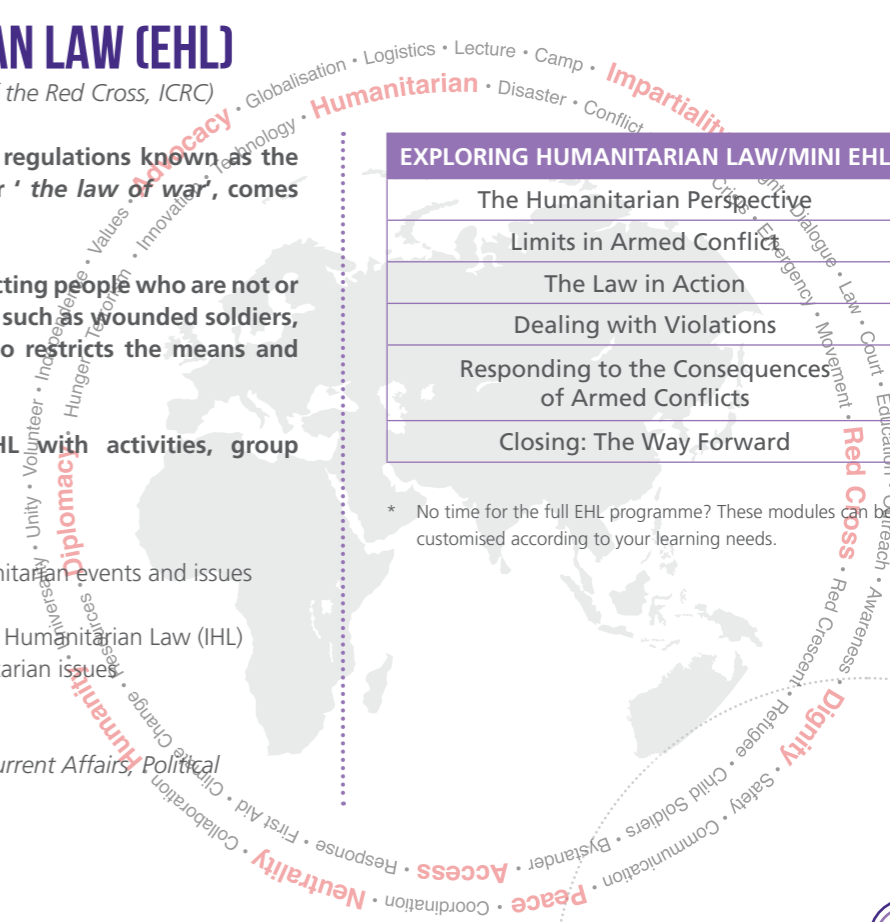
- Understand local and international humanitarian events and issues
- Share on-ground experiences
- Develop basic knowledge of International Humanitarian Law (IHL)
- Learn through simulations of key humanitarian issues

**Recommended for:**

Youth Leaders; Anyone with an interest in Current Affairs, Political Science, Law & Policy; Academicians

EXPLORING HUMANITARIAN LAW/MINI EHL
The Humanitarian Perspective
Limits in Armed Conflict
The Law in Action
Dealing with Violations
Responding to the Consequences of Armed Conflicts
Closing: The Way Forward

\* No time for the full EHL programme? These modules can be customised according to your learning needs.





# RAID CROSS

(Designed by the French and Belgian Red Cross)



Are you ready to put your IHL and EHL knowledge to test? Challenge yourself now!

Through role-playing and simulation, this programme offers the platform for participants to put themselves into the shoes of a soldier, prisoner-of-war or a humanitarian aid worker, in a conflict or disaster zone. Also, various scenarios are designed into the session for 'first-hand' experiences.

### Learning Opportunities

- Local and international humanitarian events and issues
- Key concepts of IHL and its application during war and conflict
- Conflict situations from various perspectives ie. prisoner of war, wounded soldier, etc through experiential learning
- Understand the challenges faced by humanitarian workers in a situation of unrest

### Things To Note:

- Must be physically fit with no pre-existing medical conditions - Certain portions of RAID CROSS may include strenuous activities

### Recommended for:

Youth Leaders; Anyone with an interest in Current Affairs, Political Science, Law & Policy

# YOUTH LEADERSHIP HUMANITARIAN CAMP



A 2D1N in-house camp for youths aged 15-18 years old, aimed to develop youths become effective Humanitarian Youth Leaders of tomorrow, with humanitarian values and capabilities.

The camp incorporates both classroom and experiential learning in the humanitarian field, and builds on participants' leadership skills.

### Learning Opportunities

- Participate in team-building exercises
- Develop leadership and facilitation skills
- Develop critical thinking and decision making skills
- Knowledge on the Red Cross Red Crescent Movement
- Interact with like-minded youth and create lifelong friendships

### Recommended for:

Youth Leaders; Anyone with an interest in Current Affairs, Political Science, Law & Policy

## YOUTH LEADERSHIP HUMANITARIAN CAMP

Seven Fundamental Principles of Humanitarian Action
Youths as Agents of Behavioural Change Module
Exploring Humanitarian Law
Lifesaving Skills (Basic First Aid & Bandaging)
Evacuation Skills (Basic Casualty Transportation)
RAID CROSS

## HUMANITARIAN EDUCATION EXPERIENCE



This one-day camp introduces adult participants to the humanitarian work of the International Red Cross Red Crescent Movement through experiential learning.

Participants will be taken on a simulated journey to gain 'first-hand' experience of managing a disaster, providing aid in armed conflict scenarios, and much more. You may expect to experience and learn from the perspectives of aid workers, peacemaking personnels, soldiers and victims of disasters.

### Learning Opportunities

- Humanitarian work in times of disaster and violence
- Basic knowledge of International Humanitarian Law
- Issues and challenges for humanitarian workers

### Recommended for:

- Youth Leaders; Anyone with an interest in Current Affairs, Political Science, Law & Policy

### HUMANITARIAN EDUCATION EXPERIENCE

Seven Fundamental Principles of Humanitarian Action

International Humanitarian Law Awareness

RAID CROSS



## DISASTER MANAGEMENT

Disaster Response and Disaster Management are synonymous with the work of the Movement, which possesses more than 150 years of experience and collective knowledge in disaster management and humanitarian aid.

"Disaster Management can be defined as the organisation and management of resources and responsibilities for dealing with all humanitarian aspects of emergencies, in particular preparedness, response and recovery in order to lessen the impact of disasters" - International Federation of the Red Cross and Red Crescent Societies (IFRC).

In times of natural disasters, the local community would usually react and respond before international humanitarian assistance arrives. Therefore, it is essential for local community to be equipped with proper knowledge and skills to respond to emergency situations. Meanwhile, preparedness during 'peacetime' is equally important. The suite of Disaster Management courses offers humanitarian aid knowledge to act before, during and after disasters. More specifically, the workshops and training sessions discuss in details topics of disaster preparedness, capacity building, relief and response, as well as rebuilding and reconstruction.

## NATIONAL DISASTER RESPONSE TRAINING (NDRT)



The NDRT Programme shares Red Cross' disaster response knowledge. The programme incorporates simulation exercises to provide participants with hands-on opportunities in responding to emergencies. Join this 2D1N residential training for experiential learning!

### Learning Opportunities

- Seven Fundamental Principles guiding the Red Cross Movement
- Tools used by the Movement when responding to disasters and emergencies
- Role of Singapore Red Cross in Civil Emergency Response
- Radio Communications
- Personal readiness - know what to do when on duty

### Things to Note:

- Minimally, be certified in Standard First Aid
- Be physically fit with no pre-existing medical conditions as certain segments of the training will involve physical activities.

### Recommended for:

Youth Leaders and volunteers (including those with medical backgrounds such as doctors and nurses) with keen interest in being deployed for overseas humanitarian missions.

### NATIONAL DISASTER RESPONSE TRAINING (BASIC)

Introduction to Disaster Management

IFRC Global Response Tools

SRC Information Management

National Disaster Response Framework

Needs Assessments Tools

Code of Conduct and 7 Fundamental Principles of the Movement

Personal Readiness

Radio Communications

## PSYCHOSOCIAL SUPPORT PROGRAMMES

In times of crises and disasters, emotional wounds could be overlooked or neglected.

For decades, the Movement has been providing assistance to those affected by crises and disasters, not only in physical humanitarian aid, but also psychosocial support. Early psychosocial intervention helps faster recovery, and it also strengthens community resilience.

Since March 2015, Singapore Red Cross Academy has been conducting training in psychosocial support. Our suite of psychosocial support programmes include the following:

### PSYCHOLOGICAL FIRST AID

(Endorsed by the Danish Red Cross, Supported by the Reference Centre for Psychosocial Support, IFRC)



This is an introductory, one-day course to equip participants with the right competencies in providing basic, compassionate support to those affected by crises. The programme comprises of lectures, roleplays, group activities and demonstrations.

#### Learning Opportunities

- Learn about the different types of crises
- Describe possible ways of managing and coping with stress and emotional distress
- Psychological First Aid and its application in everyday life and emergencies
- Establishing a human connection in a non-intrusive and compassionate manner

#### Recommended for:

Individuals who provide direct services to beneficiaries exposed to crisis situations; Individuals who are interested in learning the skills of establishing a human connection in a non-intrusive and compassionate manner.

#### PSYCHOLOGICAL FIRST AID

Crisis Events and Psychosocial Support

Stress and Coping

Psychological First Aid and Supportive Communication

## COMMUNITY BASED PSYCHOSOCIAL SUPPORT



This five-day intensive training provides participants with insights on the different levels of psychosocial interventions, based on the severity of the situation. The course also introduces participants to early psychosocial support activities that can further strengthen their resilience.

#### Learning Opportunities

- Crisis events and psychosocial support
- Different range of losses and managing grieving process
- Levels of psychosocial impact on a community after disaster
- Provide basic psychological first aid and support to affected persons
- Supportive communication skills
- Stress and coping methods

#### Things to Note:

Participants must have minimally attended the Psychological First Aid course

#### COMMUNITY BASED PSYCHOSOCIAL SUPPORT

Crisis Events and Psychosocial Support

Stress and Coping

Loss and Grief

Community-Based Psychosocial Support

Psychological First Aid and Supportive Communication

Supporting Volunteers and Staff



# CENTRE FOR PROFESSIONAL DEVELOPMENT

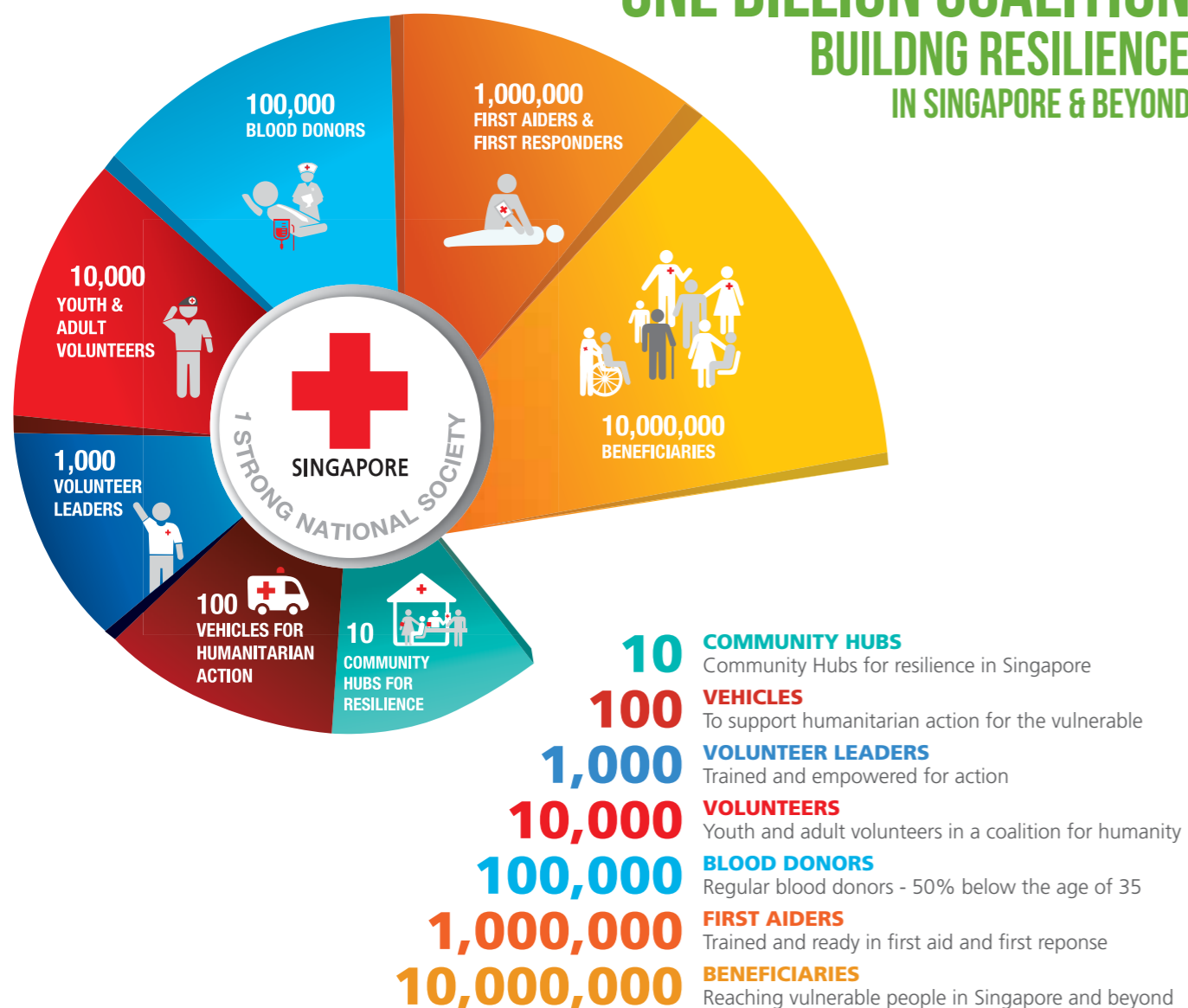
SRC champions the adoption of the One Billion Coalition for Resilience (1BC) - a transformative initiative by the IFRC in 2016 to strengthen individual and community resilience.

As the name suggests, the 1BC initiative sets out a goal to have one billion people around the world taking steps towards strengthening their personal and community resilience, by 2025.

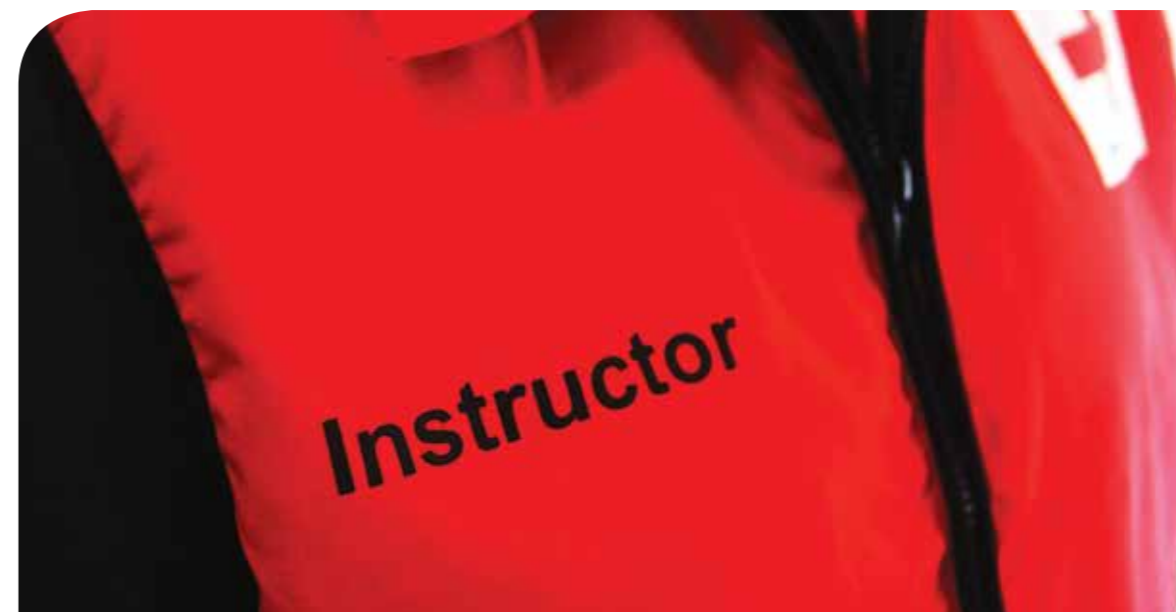
In Singapore, SRC is committed to achieving the national goal of having a "First Aider in Every Home". SRCA therefore trains about 8,000 people in first aid every year. In addition, the Academy offering Training-of-Trainers (TOT) programmes to further the reach and impact.

As a whole, the Singapore Red Cross commits to working towards these objectives by 2021:

## ONE BILLION COALITION BUILDING RESILIENCE IN SINGAPORE & BEYOND



## FIRST AID INSTRUCTOR CERTIFICATE (TRAIN-THE-TRAINER FULL COURSE)



Looking to be a qualified first aid instructor?

This classroom-based training course equips trainee-instructors with competencies to teach and facilitate the Approved Training Syllabus of Occupational First Aid, based on the MOM Technical Notes Course Reference Matrix.

Upon completion of the course, participants will be certified to conduct Occupational First Aid training courses, in compliance with industry standards.

### Learning Opportunities

- Basic structure of ISO 29990: 2010 for Learning Service Providers (LSPs)
- Code of conduct for assessors
- Assessment records
- Principles of adult learning
- Roles & responsibilities of facilitators
- Bandaging methods in accordance to Singapore Red Cross Academy standards
- Facilitation of theory and practical sessions for First Aid courses

### Things To Note:

To become Occupational First Aid trainers, either one of the following certification and criteria must be met:

- Practising Nurse with a valid Basic Cardiac Life Support (BCLS) and CPR + AED Instructor Certificate
- Paramedic with a valid Basic Cardiac Life Support (BCLS) and CPR + AED Instructor Certificate
- Possess valid Advanced Certificate in Training & Assessment (ACTA) certification, CPR+AED Instructor, BCLS Instructor and attendance in the Code of Ethics workshop

### Recommended for:

Individuals healthcare-related working experience, looking to become First Aid trainers

### FIRST AID INSTRUCTOR CERTIFICATE TRAIN-THE-TRAINER FULL COURSE

Introduction to ISO 29990:2010
Conducting of First Aid Assessment
Delivery of Learning Services
Key Learning Points of First Aid
Presentation Assessment

## COMMUNITY-BASED PSYCHOSOCIAL SUPPORT (PSS) (TRAIN-THE-TRAINERS PROGRAMME)



This five-day course offers in-depth knowledge and insights on the different levels of psychosocial impact on people, after a disaster strikes a community. In addition, the programme discusses teaching methods in conducting effective Psychosocial Support workshops and programmes.

### Learning Opportunities

- Disaster-related psychosocial impact on a community
- Create a platform for sharing experiences and knowledge amongst facilitators and participants
- Effective facilitation techniques for PSS programmes
- Potential challenges in conducting PSS workshops

### Things To Note:

- Reading of Training Manual prior to taking the course
- Participant must have completed the following:
  - Psychological First Aid Course + Introduction to Lay Counselling
  - Lay Counselling
  - Community Based Psychosocial Support Programme

### Recommended for:

Individuals healthcare-related working experience, looking to become First Aid trainers

### COMMUNITY-BASED PSYCHOSOCIAL SUPPORT (PSS) TRAIN-THE-TRAINERS PROGRAMME

Planning & Conducting a Psychosocial  
Support Programme

The Learning Process in a Psychosocial Context

Preparing a Workshop in  
Psychosocial Support

Training-of-Trainers (TOT):  
Facilitation Techniques for  
Corresponding CBPSS Modules  
(refer to 'Community-Based Psychosocial Support on  
Page 17 - Under Disaster Management')

## PLEASE HELP US HELP MORE PEOPLE.



**Every month**, groups of disadvantaged families and aged grandparents welcome Red Cross volunteers at their doorsteps, happy to receive nutritious food and warm company.



**Every day**, a wheelchair-bound patient looks forward to the Red Cross TransportAid ride to his or her medical appointment.



**Every hour**, someone receives blood that Red Cross rallies the community to donate.



**Every minute**, some 100 disabled adults and children are receiving professional care at the Red Cross Home for the Disabled.



**Every second**, a first aider is out there saving lives in an emergency. And chances are, they were trained by the Red Cross.

And the list continues.

We work behind the scenes, round the clock to bring humanitarian aid to the vulnerable.

**Get in touch with us today, as every bit of help counts. And yours will go a long way; the reality is, it might save someone's life.**

**Donate. Volunteer.**  
**redcross.sg**

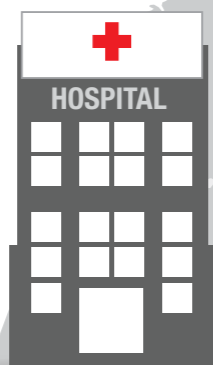
Food Aid



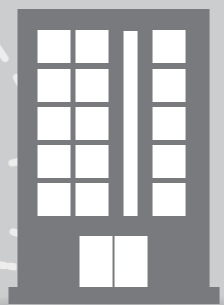
Red Cross Home for the Disabled



Blood Donor Recruitment Programme



Day Activity Centre



Community FirstAid

First Aider on Wheels



TransportAid



ElderAid



Volunteer and Youth Development



International Services



Singapore Red Cross Academy



Civil Emergency Response



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