

**SPEECH BY SLTC (NS) LAURENCE GOH, COUNCIL MEMBER, SINGAPORE RED
CROSS, AT RED CROSS YOUTH FIRST AID CHAMPIONSHIPS 2017
AT BEDOK TOWN SQUARE ON 4 MARCH 2017**

South East District Mayor Dr Mohamad Maliki Bin Osman
Senior Minister of State for Ministries of Defence and Foreign Affairs
Red Cross Youth members
Fellow volunteers and partners of the Red Cross
Ladies and Gentlemen,

Good afternoon, and welcome to the Red Cross Youth First Aid Championships 2017.

I am delighted that you have gathered, from 52 schools and tertiary institutions across Singapore, to pit your first aid skills against one another, and to be judged by some of the best and most experienced first aiders.

The annual Championship is an important platform for us to help drive interest and excitement amongst young people about first aid and its relevance. It also broadens the horizons of our participants on how first aid can be improvised and applied in everyday situations. In the long run this increases the number of people who know first aid and enhances the community's ability to help one another and save lives.

I congratulate the organising team of energetic and dedicated youths, led by Youth Leader, Ms Zheng Yujie. You have ensured that this year's Championships meet the objectives of honing the skills of our youths and at the same time promote first aid learning. I also wish to commend you all, for your passionate participation in this competition. Please give yourselves a round of applause.

Innovating First Aid Training

We all know first aid saves lives, but we definitely need more first aiders to do so. This is why the Singapore Red Cross has championed the learning of first aid since the 1960s. Over the years, we have continually updated our first aid training to keep up with the latest research and understanding of how best we can deliver first aid.

We need to develop a culture of learning first aid and it has to start young. Therefore we have introduced interactive first aid skits to schools to acquaint the young ones with basic first aid

know-how, like do's and don'ts, how to keep the home safe, and what goes into a first aid kit. The Singapore Red Cross Academy conducts special first aid workshops designed for children aged four to eleven, where they learn useful first aid tips through fun-filled treasure hunts and pop quizzes.

To engage youth and those on the go, we have packed step-by-step guides to treat common injuries and deal with everyday situations, in one mobile app, so you'll have first aid tips at your fingertips. If you haven't already done so, please download the free First Aid app by Singapore Red Cross. It is multi-lingual and contains videos, quizzes and helplines to healthcare facilities in Singapore.

To make first aid learning relevant, the Singapore Red Cross Academy has launched a series of customised courses, targeted at diverse groups of people, and to meet specific needs. In view of the fast ageing population, we introduced the caregivers course in elderly first aid. In the spirit of SG Secure, we joined forces with the National First Aid Council to introduce Citizen First Responder, and remain the sole provider of the training programme. More recently, we launched the Psychological First Aid and Community Based Psychosocial Support -the first such programmes in Southeast Asia.

We will continue to innovate our first aid training, so as to stay relevant and attract more learners. We will continue to strive to reach the national goal of one first aider in every home. For that, we need your fresh ideas, your passion, and your continued partnership.

Youth Involvement in Community Resilience

Some of today's competitors will be amongst 40 Red Cross Youth who will join the Red Cross First Aiders on Wheels, where first aid trained volunteers patrol parks on bicycles on weekends and public holidays, to render first aid to those in need. These volunteering opportunities provide practical ground experience, while facilitating friendships, healthy living and the pleasure of helping someone.

Today, we will also present emergency preparedness boxes to 77 schools islandwide. Afterwhich, our Red Cross Youth will lead the emergency preparedness efforts in these schools, by conducting training workshops and even role plays for their teachers and fellow students. This is a key development, as our youth move beyond their role as first aiders and advocates, to become enablers and trainers, to uplift the community's emergency preparedness.

For all the rest of you, I hope you carry on your duty as a first aider in school, at home and whenever you see someone in need. Your active citizenry is key to keeping Singapore strong and resilient.

Last but not least, please allow me to thank the following partners and sponsors for their support for this event.

Ministry of Education
MOH Holdings
National Youth Council
Goodwater
Hey Buddies
Public Hygiene Council
Sports SG

To all participants and cheerleaders, thank you for a successful First Aid Championships.
Together for Humanity!

Thank you.