



SINGAPORE RED CROSS ACADEMY BASIC CHILD AND INFANT FIRST AID WORKSHOP

Course Title	Basic Child and Infant First Aid Workshop (BCIFA)
Course Description	For Parents, Domestic helpers, Nannies, Babysitters, Volunteers and Individuals who are interested in learning to rendering First Aid to Child and Infant.
Course Objective	By the end of the course, learners will have the relevant knowledge and application skills to apply during an emergency or accident: <ol style="list-style-type: none">1. Check and pack contents of First Aid Kit2. Perform First Aid treatment for common medical emergencies at home for Child and Infant3. Perform Foreign Body Airway Obstruction (Conscious and Unconscious) effectively on Child and Infant casualties.4. Perform Cardiopulmonary Resuscitation (CPR) effectively on Child and Infant unconscious casualties.
Course Module Description	7 hours Module 1: Essentials of First Aid Module 2: Common Child Medical Conditions Module 3: Child and Infant Resuscitation Skills
Ratio	Small Group Practical - 1 Facilitator: 8 Learners (up to 2 Facilitators per class)
Class Size	Minimum 8 pax, Maximum up to 16 pax
Prerequisites	P1. We highly recommend individuals to have attained at least primary six educations. P2. Must be physically fit and able to render help to another individual during an emergency. 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.
Language Medium	BCIFA is available in English
Certification	A Card Size Certificate of Participation will be issued.
Course Duration	7 hours of face-to-face classroom training. Total: 7 hours



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Attire	Casual (T-shirt, Jeans and Covered Shoes)
Course Fees	SGD \$160.50 per participant (inclusive of GST)

Basic Child and Infant First Aid Workshop Outline			
Module	Content	Methodology	Duration
Essentials of First Aid	<ul style="list-style-type: none"> • Definition and Aims of First Aid • Universal Precautions • First Aid Kit Contents and Maintenance • Primary and Secondary Survey • Differences between child and adult casualties 	<ul style="list-style-type: none"> • Lecture Presentation • Discussion 	1 hour
Common Child Medical Conditions	<ul style="list-style-type: none"> • Asthma <ul style="list-style-type: none"> ○ MDI w/Spacer • Allergic Reaction <ul style="list-style-type: none"> ○ Adrenaline Auto-Injector EpiPen® • Bleeding and Basic Bandaging <ul style="list-style-type: none"> ○ Head ○ Forearm • Fracture and Basic Bandaging <ul style="list-style-type: none"> ○ Use of Arm Sling and Immobilisation 	<ul style="list-style-type: none"> • Lecture Presentation • Demonstration • Drill and Practice 	2 hours
	<ul style="list-style-type: none"> • Fever • Fits / Seizure / Convulsion • Fainting • Low Blood Sugar • Vomiting and Diarrhoea • Common Rashes • Nose Bleeding 	<ul style="list-style-type: none"> • Lecture Presentation • Discussion 	1 hour
Child and Infant Resuscitation Skills	<ul style="list-style-type: none"> • Child CPR • Infant CPR • Child Foreign Body Airway Obstruction • Infant Foreign Body Airway Obstruction 	<ul style="list-style-type: none"> • Lecture Presentation • Discussion • Demonstration • Drill and Practice 	3 hours
Total hours			7 hours

Accredited by:

- Singapore Red Cross Academy

