



SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



Course Title	Basic Cardiac Life Support + AED Provider Course / Refresher BCLS+AED
Course Description	This classroom-based training course will equip learners with the competencies to provide skills outlined by Singapore Resuscitation and First Aid Council (SRFAC) in the BCLS+AED Provider Course.
Course Objectives	<p>By the end of the course, learners will have the relevant knowledge and application skills in BCLS+AED to apply during an emergency or accident for adult and infant casualties.</p> <ol style="list-style-type: none"> 1. Explain the duties and responsibilities of BCLS+AED Provider 2. Perform Cardiopulmonary Resuscitation (CPR) effectively on adult unconscious casualties 3. Perform the use of an Automated External Defibrillator (AED) effectively on adult unconscious casualties 4. Perform the relief of Foreign Body Airway Obstruction (FBAO) effectively on adult conscious and unconscious casualties 5. Perform Cardiopulmonary Resuscitation (CPR) effectively on infant unconscious casualties 6. Perform the relief of Foreign Body Airway Obstruction (FBAO) effectively on infant conscious and unconscious casualties 7. Manage a medical emergency
Course Module Description	<p>Module 1: Cardiac Arrest and You</p> <p>Module 2: Adult Cardio Pulmonary Resuscitation (Adult CPR)</p> <p>Module 3: Automated External Defibrillation (AED)</p> <p>Module 4: Adult Foreign Body Airway Obstruction (Adult FBAO)</p> <p>Module 5: Infant Cardio Pulmonary Resuscitation (Infant CPR)</p> <p>Module 6: Infant Foreign Body Airway Obstruction (Infant FBAO)</p> <p>*The SkillReporter (PC) with Lardael Resusci Anne Full Body will be used during this training for the Adult CPR (5 cycles of CPR 30:2 within 2 minutes)</p> <p>*Optional coverage</p> <ul style="list-style-type: none"> - Child Cardio Pulmonary Resuscitation (Child CPR) - Child Foreign Body Airway Obstruction (Child FBAO) - Use of Automated External Defibrillation (AED) on Children
Ratio	<p>Lecture - 1 Facilitator : 16 Learners</p> <p>Small Group Practical - 1 Facilitator : 4 Learners (up to 4 Facilitators per class)</p>



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Prerequisites	<p>Full Course:</p> <p>P1. Prior reading completed of the SRFAC BCLS+AED Provider Manual.</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 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> <p>Refresher Course:</p> <p>RP1. Prior reading of the SRFAC BCLS+AED Provider Manual.</p> <p>RP2. Valid (not expired) BCLS+AED Provider Certification (SRFAC-accredited).</p> <p>RP3. It is highly recommended that you register for your refresher course three months before the expiry date on your existing certificate as the maximum grace period is three months after date of expiry.</p> <p>Above P2-P5.</p>
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 2 attempts to pass)</p> <ul style="list-style-type: none">- 30 Multiple Choice Questions (80% to pass, 24/30) <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <ul style="list-style-type: none">- Adult Cardio Pulmonary Resuscitation + AED (Adult CPR+AED) + (5 cycles of CPR 30:2 within 2 minutes)- Adult Foreign Body Airway Obstruction (Adult FBAO)- Infant Cardio Pulmonary Resuscitation (Infant CPR)- Infant Foreign Body Airway Obstruction (Infant FBAO)



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Language Medium	BCLS+AED Provider Course is only available in English
Course Duration	Full BCLS+AED Provider: 8 hours Refresher BCLS+AED Provider: 4 hours
Attire	Casual (T-shirt, Jeans and Covered Shoes)
Course Fees	Full BCLS+AED: SGD \$150.00 per participant (exclusive of GST) Refresher BCLS+AED: SGD \$120.00 per participant (exclusive of GST)
Doctor's Memo	<p>Trainees with valid Doctor's Excuse Letters will be given a Letter of Attendance upon request with no additional charges. They will be required to attend both theory & practical training sessions. They are allowed to be exempted from doing the strenuous practical components. However, they are to sit for the theory assessment and PASS not more than the given 3 attempts. They shall be awarded the Letter of Attendance and may leave the premises without performing the practical assessments.</p> <p>Trainees are awarded the Letter of Attendance (upon request) if they do not meet the passing criteria. This does not constitute being COMPETENT / PASS BCLS+AED.</p>
Certification	<p>C1. This course is accredited by the Singapore Resuscitation and First Aid Council (SRFAC).</p> <p>C2. A credit card-sized certificate with 2 years validity will be issued upon successful completion by attaining Competent.</p> <p>C3. Mouth-To-Mouth (MTM) ventilations for BCLS+AED course will be replaced with Bag Valve Mask (BVM) for training and assessment until further notice. This will be indicated on the Provider Certificate as BCLS+AED (BVM instead of MTM ventilations was taught).</p>

This course is accredited by the Singapore Resuscitation and First Aid Council.





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Training Schedule

BCLS+AED Provider Course Outline			
Module	Content	Methodology	Duration
BCLS+AED	<ul style="list-style-type: none"> • BCLS+AED Introduction • Safety and Evacuation Briefing • Course Objectives, Assessment, Appeal Process • Theory Lesson of Modules 1-6 	<ul style="list-style-type: none"> • Lecture Presentation by Chief Instructor 	1 hour 30 mins
	Practical Training <ul style="list-style-type: none"> • Adult CPR + AED (1/2-men, use of BVM) • Adult FBAO (Conscious to Unconscious) • Infant CPR • Infant FBAO (Conscious to Unconscious) 	<ul style="list-style-type: none"> • Small Group Demo by Floor Instructor • Drill & Practice • Role-Play 	5 hours
	Assessment <ul style="list-style-type: none"> • 25 MCQ: 80% to pass, up to 3 attempts • Practical Testing with separate retesting scenarios • Retest for failures up to 3 times (max) • Course Evaluation • Feedback by the Instructors • Issuance of Certificate Card 	<ul style="list-style-type: none"> • Written Assessment • Practical Assessment 	1 hour 30 mins
Total hours			8 hours



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Training Schedule

Refresher BCLS+AED Provider Course Outline			
Module	Content	Methodology	Duration
Refresher BCLS+AED	<ul style="list-style-type: none"> BCLS+AED Introduction Safety and Evacuation Briefing Course Objectives, Assessment, Appeal Process Summarised Theory Key Points 	<ul style="list-style-type: none"> Lecture Presentation by Chief Instructor 	30 mins
	Practical Training <ul style="list-style-type: none"> Adult CPR + AED (1/2-men, use of BVM) Adult FBAO (Conscious to Unconscious) Infant CPR Infant FBAO (Conscious to Unconscious) 	<ul style="list-style-type: none"> Small Group Demo by Floor Instructor Drill & Practice Role-Play 	2 hours
	Assessment <ul style="list-style-type: none"> 25 MCQ: 80% to pass, up to 3 attempts Practical Testing with separate retesting scenarios Retest for failures up to 3 times (max) Course Evaluation Feedback by the Instructors Issuance of Certificate Card 	<ul style="list-style-type: none"> Written Assessment Practical Assessment 	1 hour 30 mins
Total hours			4 hours