



# SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



<b>Course Title</b>	<b>Basic First Aid + AED Provider Course (BFA+AED)</b>
<b>Course Description (Info on Website)</b>	For CERT (Company Emergency Response Teams), Organisations, Schools, Families, Volunteers and Individuals who wants to be certified competent in their Basic First Aid + AED skills and knowledge.
<b>Course Objective</b>	<p>By the end of the course, learners and/or appointed Company Emergency Response Team (CERT) members will have the relevant knowledge and application skills in Basic First Aid and CPR+AED to apply during an emergency or accident:</p> <ol style="list-style-type: none"> <li>1. Explain the duties and responsibilities of First Responder or CERT member</li> <li>2. Check and pack contents of First Aid Kit</li> <li>3. Perform First Aid treatment for common medical emergencies at workplaces or at home</li> <li>4. Perform improvised carrying techniques</li> <li>5. Perform Cardiopulmonary Resuscitation (CPR) effectively on adult unconscious casualties</li> <li>6. Perform the use of an Automated External Defibrillator (AED) effectively on adult unconscious casualties</li> </ol>
<b>Course Module Description</b>	<p><b>4 hours: CPR+AED</b></p> <p>Module 1: Cardio Pulmonary Resuscitation (CPR)</p> <p>Module 2: Automated External Defibrillation (AED)</p> <p><b>4 hours: Basic First Aid</b></p> <p>Module 3: Introduction to First Aid &amp; First Aid Kit</p> <p>Module 4: Common Medical Conditions (Fainting, Heat Injuries, Burns, Bleeding, Sprains, Fractures &amp; Dislocations, Breathing Emergencies &amp; Stroke)</p> <p>Module 5: Improvised Carrying Techniques (Dragging, Cradle Carry, Pick-A-Back, human stretcher, rolled blankets, materials with 2 poles stretcher)</p>
<b>Language Medium</b>	<b>BFA+AED is available in English &amp; Mandarin</b>



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<p><b>Prerequisites</b></p>	<p>P1. We highly recommend individuals to have attained at least secondary two education or level 5 of ESS Workplace Literacy and Numeracy.</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>
<p><b>Assessment</b></p>	<p>A1. Learners would need to fulfil 100% course attendance in order to be eligible for the assessments.</p> <p>A2. Assessment Outline:</p> <ul style="list-style-type: none"> <li>(i) Written Assessment (Up to 3 attempts to pass) <ul style="list-style-type: none"> <li>- 20 Multiple Choice Questions (80% to pass; 8/10 for CPR+AED &amp; 8/10 for Basic First Aid)</li> </ul> </li> <li>(ii) Practical Assessment (Up to 3 attempts to pass) <ul style="list-style-type: none"> <li>- CERT First Aider with CPR+AED Provider</li> </ul> </li> </ul>
<p><b>Certification</b></p>	<p>C1. The CPR+AED course is accredited by the Singapore Resuscitation and First Aid Council and Basic First Aid is accredited by the Singapore Red Cross Academy.</p> <p>C2. Recognised by SCDF Fire Safety Department – Training Requirement for CERT Members: Any first aid training providers accredited by Singapore Resuscitation and First Aid Council (SRFAC) may conduct the CERT first aider course / basic first aid course with CPR &amp; AED.</p> <p>C3. A credit card-sized certificate with 2 years validity will be issued upon successful completion by attaining Competent.</p>
<p><b>Course Duration</b></p>	<p>8 hours of face-to-face classroom training</p> <p>Total: <b>8 hours</b></p>
<p><b>Course Fees</b></p>	<p><b>SGD \$130.00</b> per participant (exclusive of GST)</p>



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<b>Basic First Aid + AED Provider Course (BFA+AED) Course Outline</b>			
<b>Module</b>	<b>Content</b>	<b>Methodology</b>	<b>Duration</b>
<b>CPR+AED</b>	<b>Training</b> <ul style="list-style-type: none"> <li>• Theory of CPR+ AED</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> </ul>	<b>1 hour</b>
	<ul style="list-style-type: none"> <li>• Adult 1-man CPR+AED (Hands-on Training)</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Practical Training</li> </ul>	<b>2 hours</b>
	<b>Assessment</b> <ul style="list-style-type: none"> <li>• Theory (MCQ: 5 x CPR, 5 x AED): 80% to pass</li> <li>• Practical Testing with separate re-testing scenarios</li> <li>• Retest for failures up to 3 times (max)</li> </ul>	<ul style="list-style-type: none"> <li>• Written Assessment</li> <li>• Practical Assessment</li> </ul>	<b>1 hour</b>
<b>Basic First Aid</b>	<b>Training</b> <ul style="list-style-type: none"> <li>• Introduction to Basic First Aid               <ul style="list-style-type: none"> <li>– First Aid</li> <li>– First Aid Kit</li> </ul> </li> <li>• Common Medical Conditions               <ul style="list-style-type: none"> <li>– Fainting</li> <li>– Heat Injuries</li> <li>– Burns</li> <li>– Bleeding</li> <li>– Sprains</li> <li>– Fractures &amp; Dislocations</li> <li>– Breathing Emergencies</li> <li>– Stroke</li> </ul> </li> <li>• Improvised Carrying Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Practical Training</li> </ul> <p>Practice:</p> <ol style="list-style-type: none"> <li>(1) Fainting</li> <li>(2) Forehead Bleeding</li> <li>(3) Forearm Bleeding</li> <li>(4) Sprained Wrist</li> <li>(5) Forearm Fracture</li> <li>(6) Choking</li> </ol>	<b>3 hours</b>
	<b>Assessment</b> <ul style="list-style-type: none"> <li>• Theory (MCQ: 10 x First Aid): 80% to pass</li> <li>• Practical Testing with separate re-testing scenarios</li> <li>• Retest for failures up to 3 times (max)</li> </ul>	<ul style="list-style-type: none"> <li>• Written Assessment</li> <li>• Practical Assessment</li> </ul>	<b>1 hour</b>
<b>Total hours</b>			<b>8 hours</b>

- This course is also known as CERT First Aider with CPR+AED