



# SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



<b>Course Title</b>	<b>Child First Aid Course (CFAC) / Refresher CFAC (RCFAC)</b>
<b>Course Description</b>	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 Child First Aid Provider Course.
<b>Course Objectives</b>	<p>By the end of the course, learners will have the relevant knowledge and application skills in Child First Aid to apply during an emergency or accident for adult and infant casualties.</p> <ol style="list-style-type: none"> <li>1. Explain the duties and responsibilities of Child First Aid Provider.</li> <li>2. Perform BCLS+AED effectively on adult unconscious casualties.</li> <li>3. Perform the relief of Foreign Body Airway Obstruction (FBAO) effectively on adult conscious and unconscious casualties.</li> <li>4. Perform Cardiopulmonary Resuscitation (CPR) effectively on infant unconscious casualties.</li> <li>5. Perform the relief of Foreign Body Airway Obstruction (FBAO) effectively on infant conscious and unconscious casualties.</li> <li>6. Apply first aid to adult, child and infant casualties.</li> <li>7. Manage a medical emergency.</li> </ol>
<b>Course Module Description</b>	<p>Chapter 1: Essentials of First Aid            Chapter 2: Unconscious Casualty (Non-Cardiac Arrest)            Chapter 3: Respiratory Problems            Chapter 4: Shock, Bleeding &amp; Wounds            Chapter 5: Musculoskeletal Injuries            Chapter 6: Burn Injuries            Chapter 7: Other First Aid Knowledge            Chapter 8: CPR(MTM) + AED</p> <p><a href="https://srfac.sg/wp-content/uploads/2020/04/2020-Child-First-Aid-Syllabus-Outline.pdf">https://srfac.sg/wp-content/uploads/2020/04/2020-Child-First-Aid-Syllabus-Outline.pdf</a></p>
<b>Ratio</b>	<p>Lecture - 1 Facilitator : 16 Learners</p> <p>Small Group Practical - 1 Facilitator : 4 Learners (up to 4 Facilitators per class)</p>
<b>Language Medium</b>	CFA Provider Course is available in English & Mandarin.
<b>Attire</b>	Casual (T-shirt, Jeans and Covered Shoes)



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<p><b>Prerequisites</b></p>	<p><b>Full Course:</b></p> <p>P1. Prior reading SRFAC Standard First Aid &amp; BCLS+AED Manuals.</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><b>Refresher Course:</b></p> <p>RP1. Prior reading SRFAC Standard First Aid &amp; BCLS+AED Manuals.</p> <p>RP2. Valid (not expired) CFA 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>
<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> <p>(i) Written Assessment (Up to 3 attempts to pass)</p> <ul style="list-style-type: none"> <li>- <b>50 Multiple Choice Questions (80% to pass, 40/50)</b></li> </ul> <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <ul style="list-style-type: none"> <li>- <b>BCLS+AED (includes MTM/BVM with QCPR)</b></li> <li>- <b>Bandaging (1 X Bleeding and 1 X Fracture)</b></li> <li>- <b>Application of Tourniquet</b></li> <li>- <b>Conscious and Unconscious Foreign Body Airway Obstruction (Choking)</b></li> <li>- <b>Administration of EpiPen</b></li> <li>- <b>Administration of MDI with Spacer</b></li> </ul>



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<b>Course Duration</b>	Full CFA Provider Course: <b>20 hours</b> Refresher CFA Provider Course: <b>16 hours</b>
<b>Course Fees</b>	Full CFAC: SGD <b>\$220.00</b> per participant (exclusive of GST) Refresher CFAC: SGD <b>\$185.00</b> per participant (exclusive of GST)
<b>Doctor's Memo</b>	<p>Trainees with valid <b>Doctor's Excuse Letters</b> will be given a <b>Letter of Attendance</b> upon request with no additional charges. They will be <b>required to attend both theory &amp; practical training sessions</b>. They are <b>allowed to be exempted</b> from doing the strenuous practical components. However, they are to sit for the theory assessment and <b>PASS</b> not more than the <b>given 3 attempts</b>. They shall be awarded the <b>Letter of Attendance</b> and may leave the premises without performing the practical assessments.</p> <p>Trainees are awarded the <b>Letter of Attendance (upon request)</b> if they do not meet the passing criteria. This does not constitute being <b>COMPETENT / PASS Child First Aid</b>.</p>
<b>Certification</b>	<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> <p>C4. This course will holistically indicate the acquiring of 3 certifications:</p> <ul style="list-style-type: none"> <li><b>+ Standard First Aid Provider</b></li> <li><b>+ BCLS+AED Provider</b></li> <li><b>+ Child First Aid Provider</b></li> </ul>

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





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## Training Schedule

<b>Child First Aid Provider Course Outline</b>			
<b>Chapter</b>	<b>Content</b>	<b>Methodology</b>	<b>Duration</b>
<b>1</b>	<b>Essentials of First Aid</b> 1.1. Definition and Aims of First Aid 1.2. Roles/Limitations of a First Aider 1.3. Universal Precautions 1.4. First Aid Kit Contents and Maintenance 1.5. Primary Survey (DRSABC) 1.6. Secondary Survey 1.7. Record and Report 1.8. SCDF MyResponder App 1.9. Differences between Child and Adult Casualties	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> </ul>	<b>75 mins</b>
<b>2</b>	<b>Unconscious Casualty (Non-Cardiac Arrest)</b> 2.1 Head/Spinal Injuries 2.2 Heat Disorders 2.3 Fever 2.4 Fits 2.5 Fainting 2.6 Low Blood Sugar 2.7 Stroke 2.8 The Recovery Position and Lateral Position for Infant	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Demonstration</li> <li>• Drill &amp; Practice</li> </ul>	<b>60 mins</b>  <b>30 mins</b>
<b>3</b>	<b>Respiratory Problems</b> 3.1 Adult Foreign Body Airway Obstruction 3.2 Infant Foreign Body Airway Obstruction 3.3 Asthma (Metered Dose Inhalers & Spacers) 3.4 Hyperventilation 3.5 Fumes Inhalation 3.6 Allergic Reaction (Epipen to be introduced)	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Demonstration</li> <li>• Drill &amp; Practice</li> <li>• Role-Play</li> </ul>	<b>60 mins</b>  <b>90 mins</b>
<b>4</b>	<b>Shock, Bleeding &amp; Wounds</b> 4.1 Shock 4.2 Bleeding 4.3 Wounds <ul style="list-style-type: none"> <li>• Bruises, Laceration, Incision, Abrasion, Amputation, Bites &amp; Stings</li> </ul> 4.4 Bandaging <ul style="list-style-type: none"> <li>• Crepe/Roller, Scalp, Eyelid, Arms/Legs, Torso, Application of Tourniquet</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Demonstration</li> <li>• Drill &amp; Practice</li> <li>• Role-Play</li> </ul>	<b>60 mins</b>  <b>60 mins</b>



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Chapter	Content	Methodology	Duration
5	<b>Musculoskeletal Injuries</b> 5.1 Fracture and Dislocation <ul style="list-style-type: none"> <li>Skull, Jaw, Collarbone, Shoulder, Rib, Arms, Legs</li> </ul> 5.2 Soft Tissue Injuries 5.3 Immobilisation/Bandaging <ul style="list-style-type: none"> <li>Arm, Wrist, Collarbone, Shoulder, Leg, Ankle (Figure of Eight)</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	30 mins
			90 mins
6	<b>Burn Injuries</b> 6.1 Burns Depth and Severity of Burns 6.2 Classification and Treatment of Burns <ul style="list-style-type: none"> <li>Scalding, Radiation/Sunburn, Chemical, Electrical, Thermal</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation</li> </ul>	30 mins
7	<b>Other First Aid Knowledge</b> 7.1 Eye Injuries <ul style="list-style-type: none"> <li>Chemical, Foreign Bodies, Blunt-force Trauma</li> </ul> 7.2 Foreign Bodies <ul style="list-style-type: none"> <li>Ear Nose Throat, Swallowed, Aspirated</li> </ul> 7.3 Vomiting and Diarrhoea 7.4 Common Rashes 7.5 Epistaxis (Nose Bleeding) 7.6 Poisoning 7.7 Transportation of Casualty <ul style="list-style-type: none"> <li>One Rescuer carry, Two Rescuer carry, Improvised methods</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	60 mins
			30 mins
8	<b>CPR(Hands-Only) + AED</b> 8.1 Theory of CPR+AED 8.2 Practice of Adult CPR+AED 8.3 Practice of Infant CPR	<ul style="list-style-type: none"> <li>Lecture</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> </ul>	45 mins
			180 mins
Assessment	<ul style="list-style-type: none"> <li>50 MCQ: 80% to pass, up to 3 attempts</li> <li>BCLS+AED (Includes QCPR within 2:10 min)</li> <li>Bandaging (1 X Bleeding and 1 X Fracture)</li> <li>Application of Tourniquet</li> <li>Administration of EpiPen and MDI with Spacer and facemask</li> <li>Practical Testing with separate retesting scenarios</li> <li>Retest for failures up to 3 times (max)</li> <li>Issuance of Certificate Card</li> </ul>	<ul style="list-style-type: none"> <li>Written Assessment</li> <li>Practical Assessment</li> </ul>	60 mins
			240 mins
<b>Total hours</b>			<b>20 hours</b>



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Refresher Child First Aid Provider Course Outline			
Chapter	Content	Methodology	Duration
1	<b>Essentials of First Aid</b> 1.1. Definition and Aims of First Aid 1.2. Roles/Limitations of a First Aider 1.3. Universal Precautions 1.4. First Aid Kit Contents and Maintenance 1.5. Primary Survey (DRSABC) 1.6. Secondary Survey 1.7. Record and Report 1.8. SCDF MyResponder App 1.9. Differences between Child and Adult Casualties	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> </ul>	20 mins
2	<b>Unconscious Casualty (Non-Cardiac Arrest)</b> 2.1 Head/Spinal Injuries 2.2 Heat Disorders 2.3 Fever 2.4 Fits 2.5 Fainting 2.6 Low Blood Sugar 2.7 Stroke 2.8 The Recovery Position and Lateral Position for Infant	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> </ul>	30 mins  30 mins
3	<b>Respiratory Problems</b> 3.1 Adult Foreign Body Airway Obstruction 3.2 Infant Foreign Body Airway Obstruction 3.3 Asthma (Metered Dose Inhalers & Spacers) 3.4 Hyperventilation 3.5 Fumes Inhalation 3.6 Allergic Reaction (Epipen to be introduced)	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	20 mins  90 mins
4	<b>Shock, Bleeding &amp; Wounds</b> 4.1 Shock 4.2 Bleeding 4.3 Wounds <ul style="list-style-type: none"> <li>Bruises, Laceration, Incision, Abrasion, Amputation, Bites &amp; Stings</li> </ul> 4.4 Bandaging <ul style="list-style-type: none"> <li>Crepe/Roller, Scalp, Eyelid, Arms/Legs, Torso, Application of Tourniquet</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	30 mins  60 mins

Chapter	Content	Methodology	Duration
<b>5</b>	<b>Musculoskeletal Injuries</b> 5.1 Fracture and Dislocation <ul style="list-style-type: none"> <li>Skull, Jaw, Collarbone, Shoulder, Rib, Arms, Legs</li> </ul> 5.2 Soft Tissue Injuries 5.3 Immobilisation/Bandaging <ul style="list-style-type: none"> <li>Arm, Wrist, Collarbone, Shoulder, Leg, Ankle (Figure of Eight)</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	<b>20 mins</b>
			<b>90 mins</b>
<b>6</b>	<b>Burn Injuries</b> 6.1 Burns Depth and Severity of Burns 6.2 Classification and Treatment of Burns <ul style="list-style-type: none"> <li>Scalding, Radiation/Sunburn, Chemical, Electrical, Thermal</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation</li> </ul>	<b>15 mins</b>
<b>7</b>	<b>Other First Aid Knowledge</b> 7.1 Eye Injuries <ul style="list-style-type: none"> <li>Chemical, Foreign Bodies, Blunt-force Trauma</li> </ul> 7.2 Foreign Bodies <ul style="list-style-type: none"> <li>Ear Nose Throat, Swallowed, Aspirated</li> </ul> 7.3 Vomiting and Diarrhoea 7.4 Common Rashes 7.5 Epistaxis (Nose Bleeding) 7.6 Poisoning 7.7 Transportation of Casualty <ul style="list-style-type: none"> <li>One Rescuer carry, Two Rescuer carry, Improvised methods</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	<b>20 mins</b>
			<b>30 mins</b>
<b>8</b>	<b>CPR(Hands-Only) + AED</b> 8.1 Theory of CPR+AED 8.2 Practice of Adult CPR+AED 8.3 Practice of Infant CPR	<ul style="list-style-type: none"> <li>Lecture</li> <li>Demonstration</li> <li>Drill &amp; Practice</li> </ul>	<b>25 mins</b>
			<b>180 mins</b>
			<b>60 mins</b>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>50 MCQ: 80% to pass, up to 3 attempts</li> <li>BCLS+AED (Includes QCPR within 2:10 min)</li> <li>Bandaging (1 X Bleeding and 1 X Fracture)</li> <li>Application of Tourniquet</li> <li>Administration of EpiPen and MDI with Spacer and facemask</li> <li>Practical Testing with separate retesting scenarios</li> <li>Retest for failures up to 3 times (max)</li> <li>Issuance of Certificate Card</li> </ul>	<ul style="list-style-type: none"> <li>Written Assessment</li> <li>Practical Assessment</li> </ul>	<b>240 mins</b>
			<b>16 hours</b>
<b>Total hours</b>			<b>16 hours</b>