



# SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



<b>Course Title</b>	<b>CPR(HO) + AED Provider Course</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 CPR(HO)+AED Provider Course.
<b>Course Objectives</b>	<p>By the end of the course, learners will have the relevant knowledge and application skills in CPR(HO)+AED 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 CPR+AED Provider.</li> <li>2. Perform Cardiopulmonary Resuscitation (CPR) effectively on adult unconscious casualties.</li> <li>3. Perform the use of an Automated External Defibrillator (AED) effectively on adult unconscious casualties.</li> <li>4. Manage a medical emergency in the community.</li> </ol>
<b>Course Module Description</b>	<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>
<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>Prerequisites</b>	<p>P1. Prior reading completed of the SRFAC CPR+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>



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<b>Assessment</b>	<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"> <li>- 10 Multiple Choice Questions (80% to pass, 8/10)</li> </ul> <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <ul style="list-style-type: none"> <li>- Adult Cardio Pulmonary Resuscitation + AED (Adult CPR+AED)</li> </ul>
<b>Language Medium</b>	CPR(HO)+AED Provider Course is available in English & Mandarin.
<b>Course Duration</b>	CPR(HO)+AED Provider: <b>4 hours</b>
<b>Attire</b>	Casual (T-shirt, Jeans and Covered Shoes)
<b>Course Fees</b>	CPR(HO)+AED: SGD <b>\$75.00</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 CPR(HO)+AED</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>

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## Training Schedule

CPR(HO)+AED Provider Course Outline			
Module	Content	Methodology	Duration
CPR(HO)+AED	<ul style="list-style-type: none"> <li>CPR(HO)+AED Introduction</li> <li>Safety and Evacuation Briefing</li> <li>Course Objectives, Assessment, Appeal Process</li> <li>Theory Lesson of Modules 1-6</li> </ul>	<ul style="list-style-type: none"> <li>Lecture Presentation by Chief Instructor</li> </ul>	<b>1 hour</b>
	<b>Practical Training</b> <ul style="list-style-type: none"> <li>Adult CPR(HO) + AED</li> </ul>	<ul style="list-style-type: none"> <li>Small Group Demo by Floor Instructor</li> <li>Drill &amp; Practice</li> <li>Role-Play</li> </ul>	<b>1 hour 30 mins</b>
	<b>Assessment</b> <ul style="list-style-type: none"> <li>10 MCQ: 80% to pass, up to 3 attempts</li> <li>Practical Testing with separate retesting scenarios</li> <li>Retest for failures up to 3 times (max)</li> <li>Course Evaluation</li> <li>Feedback by the Instructors</li> <li>Issuance of Certificate Card</li> </ul>	<ul style="list-style-type: none"> <li>Written Assessment</li> <li>Practical Assessment</li> </ul>	<b>1 hour 30 mins</b>
<b>Total hours</b>			<b>4 hours</b>