



SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



Course Title	Outdoor First Aid Provider Course (ODFA)
Course Description	For Individuals or Interest group who wants to be certified competent to be train in Outdoor First Aid skills with improvised methods.
Course Objective	By the end of the course, learners will have the relevant knowledge and application skills in Outdoor First Aid to apply during an emergency or accident: <ul style="list-style-type: none"> 1. Packing of an Outdoor First Aid Kit with additional resources. 2. Perform Improvised carrying techniques. 3. Perform various techniques of bandaging for Outdoor emergencies.
Course Module Description	Chapter 1: Essential of Outdoor First Aid Chapter 2: Exposure to Environmental Element Chapter 3: Musculoskeletal injuries Chapter 4: Casualty Transportation Chapter 5: Case Simulation
Ratio	Lecture - 1 Facilitator : 16 Learners Small Group Practical - 1 Facilitator: 6 Learners (up to 2 Facilitators per class)
Language Medium	ODFA is available in English
Attire	Casual (T-shirt, Jeans and Covered Shoes)
Prerequisites	P1. Valid (not expired) SFA Provider Certification (SRFAC- accredited). P2. We highly recommend individuals to have attained at least secondary two education or level 5 of ESS Workplace Literacy and Numeracy. P3. Must be physically fit and able to render help to another individual during an emergency. 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. P5. Pregnant ladies are discouraged from undertaking the course 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.



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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 3 attempts to pass)</p> <p>- 25 Multiple Choice Questions (80% to pass)</p> <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <p>- Bandaging (1 severe bleeding & 1 closed fracture)</p> <p>- Case Scenarios</p>
Course Duration	<p>16 hours of face-to-face classroom training</p> <p>Total: 16 hours</p>
Course Fees	<p>SGD \$150 per participant (exclusive of GST)</p>
Certification	<p>C1. The Outdoor First Aid course is accredited by the Singapore Red Cross Academy.</p> <p>C2. A credit card-sized certificate with 2 years validity will be issued upon successful completion by attaining Competent.</p>

Training Schedule

Outdoor First Aid Provider Course outline			
Chapter	Content	Methodology	Duration
1	Essential of Outdoor First Aid 1.1 Difference between Urban First Aid and Outdoor First Aid 1.2 Outdoor First Aid Kit Contents 1.3 Primary Survey 1.4 Secondary Survey 1.5 Documentation / Medical Legal	<ul style="list-style-type: none"> Lecture Presentation Discussion Demonstration Practical Training 	60 mins
			120 mins
2	Exposure to Environmental Element 2.1 Hypothermia 2.2 Hydration 2.3 Altitude Illness 2.4 Lightning	<ul style="list-style-type: none"> Lecture Presentation Discussion Demonstration Practical Training 	45 mins
			15 mins
3	Musculoskeletal injuries 3.1 Immobilisation/Bandaging <ul style="list-style-type: none"> Arm, Wrist, Ankle (Figure of Eight) 	<ul style="list-style-type: none"> Demonstration Practical Training 	120 mins
4	Casualty Transportation 4.1 Improvised Stretchers	<ul style="list-style-type: none"> Lecture Presentation Demonstration Practical Training 	30 mins
			90 mins
5	Case Simulation	<ul style="list-style-type: none"> Role-Play Simulation 	240 mins
Assessment	<ul style="list-style-type: none"> 25 MCQ: 80% to pass, up to 3 attempts Bandaging (1 X Bleeding and 1 X Fracture) Practical Testing with separate retesting scenarios Retest for failures up to 3 times (max) Course Evaluation Issuance of Certificate Card 	<ul style="list-style-type: none"> Written Assessment Practical Assessment 	30 mins
			210 mins
Total hours			16 hours