



# SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



<b>Course Title</b>	<b>CPR(Hands-Only) + AED Instructor Course</b>
<b>Course Description</b>	This classroom-based training course will equip Trainee-Instructors with the competencies to teach CPR(HO)+AED Provider Courses. Upon completion of the course, Trainee-Instructors will be able to instruct competently as a CPR(HO)+AED Instructor, in compliance with industry standards. This course focuses on subject matter topics shared by the Chief Instructor-Trainers.
<b>Course Objectives</b>	By the end of this classroom-based training course, Trainee-Instructors will be able to: <ol style="list-style-type: none"> <li>1. Be a role model exemplary of an SRFAC-accredited instructor</li> <li>2. Conduct the CPR(HO)+AED Provider Courses in accordance with SRFAC guidelines</li> <li>3. Ensure consistency with the practical performance and assessment in accordance with the standards laid down by the SRFAC</li> </ol>
<b>Course Module Description</b>	Chapter 1: Course Overview Chapter 2: Equipment Maintenance Chapter 3: Conducting of Assessment Chapter 4: Key Learning Points Chapter 5: QCPR Graph Interpretation Chapter 6: Mock Teaching & Mock Testing Chapter 7: Course Conclusion
<b>Ratio</b>	Facilitation of theory and practical sessions for CPR(HO)+AED Topics Lecture - 1 Facilitator: 16 Learners Practical - 1 Facilitator: 4 Learners (up to 4 Facilitators per class)
<b>Language Medium</b>	CPR(HO)+AED Instructor Course is only available in English
<b>Course Duration</b>	8 hours (1 full day) of face-to-face training and assessment Up to 8 hours for 2 Practicum Assessments, excluding observations. Total: <b>16 hours</b>
<b>Course Fees</b>	SGD <b>\$200.00</b> per participant (exclusive of GST)



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<p><b>Prerequisites</b></p>	<p>P1. Valid (not expired) CPR(HO)+AED or BCLS+AED Provider Certification (SRFAC-accredited).</p> <p>P2. Prior reading completed of the SRFAC CPR(HO)+AED Provider Manual.</p> <p>P3. We highly recommend individuals to have attained at least secondary two education or level 5 of ESS Workplace Literacy and Numeracy.</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>Assessment</b></p>	<p>A1. Assessment Outline:</p> <p><b>(i) CPR(HO)+AED Instructor Course 20 MCQ Theory Test</b> (80% to pass, up to 3 attempts)</p> <p>- Topics covered during the CPR(HO)+AED Instructor Course</p> <p><b>(ii) Mock Teaching (During Course)</b></p> <p>- Small Group Demonstration</p> <p><b>(iii) Practicum (Post-Course)</b></p> <p>Recommended 1 Observation: CPR(HO)+AED Provider Course Observation (Based on ITC's policies)</p> <p>T1: CPR(HO)+AED Provider Course Trainee-Instructor Assessment 1 (minimally FAIR to progress to T2)</p> <p>T2: CPR(HO)+AED Provider Course Trainee-Instructor Assessment 2 (minimally GOOD to pass overall)</p> <p>T1: Observations with guided training to competently deliver modules to learners preferably with little or no assistance from the designated assessor. Trainee-Instructors who are not comfortable to go for their T2 can request for additional practice sessions with SRCA. (No more than 3 sessions).</p> <p>T2: Able to conduct training and assessment of a practical station without assistance from the designated assessor. Trainee-Instructors have to complete both T1 and T2 within 6 months after the end of the CPR(HO)+AED Instructor Course.</p> <p>A2. Learners would need to fulfil 75% course attendance in order to be eligible</p>



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	<p>for the assessments.</p> <p>A3. Completes the full CPR(HO)+AED Instructor Course with 2 Instructor attachments within 6 months. Learners are allowed to complete T1 at any SRFAC Accredited CPR(HO)+AED Training Centre. However, T2 must be completed at the Singapore Red Cross Academy unless prior approval is sought. Once the 2 attachments have been completed and Final Grading minimally GOOD, a valid CPR(HO)+AED Instructor Certificate will be issued. Singapore Red Cross will provide all sessions (T1/T2) for ease of convenience.</p> <p>A4. If the participant fails any one of the two attachments, the participant is considered to have failed the attachment and needs to take a third attachment <b>within 6 months</b> after the end of their CPR(HO)+AED Instructor Course. If the participant fails the third attachment, the participant is considered to have failed the course. There will be no further attachments given and the participant will have to retake the entire course.</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. The Instructor Certificate is renewable once the Instructor has assumed the role as instructor at least twice per year in any SRFAC-Accredited CPR(HO)+AED Training Centres.</p> <p>C4. Please note that by taking this Instructor Course does not automatically make you a Qualified Instructor of the Singapore Red Cross. Entry is via invitation by SRCA First Aid &amp; Life Support Consultants and/or recommendation by 6 Instructor Trainers.</p>
<b>Post-Course Forms</b>	<p>At the end of the 1-day classroom training, trainees will be issued a Trainee-Instructor Assessment Forms to conduct two (2) sessions, each session duration is 4 hours or (2) days of CPR(HO)+AED Teaching and Practicum Assessments.</p>

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





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## Training Schedule

<b>CPR(Hands-Only) + AED Instructor (CPR(HO)+AED ITC) Course Outline</b>			
<b>Module</b>	<b>Content</b>	<b>Methodology</b>	<b>Duration</b>
<b>Day 1 (0900 - 1300)</b>			
<b>Chapter 1:</b> Course Overview	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• SRFAC Guidelines</li> <li>• Qualities Desired of Instructors</li> <li>• Principles of Teaching and Learning</li> <li>• Methods of Instruction</li> <li>• Principles of Testing</li> <li>• Assessment Criteria</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Presentation</li> <li>• Group Discussions</li> <li>• Case Scenarios</li> </ul>	<b>1 hour</b>
<b>Chapter 2:</b> Equipment Maintenance	<ul style="list-style-type: none"> <li>• Learners will be required to demonstrate the Safety Issues and Infection Control independently using Disposal Gloves, Precepts, Pails &amp; Receptacles</li> <li>• Learners will be required to assembling and disassembling a random manikin independently</li> </ul>	<ul style="list-style-type: none"> <li>• Small Group Demo</li> <li>• Drill &amp; Practice</li> </ul>	<b>1 hour</b>
<b>Chapter 3:</b> Conducting of Assessment	<ul style="list-style-type: none"> <li>• Form Filling</li> <li>• Conducting of assessment (Written Test)</li> <li>• Conducting of assessment (Practical Test)</li> <li>• Record using the Assessment Record</li> <li>• Record using the Practical Assessment Checklist</li> </ul>	<ul style="list-style-type: none"> <li>• Role Plays by Trainee-Instructor</li> </ul>	<b>30 mins</b>
<b>Chapter 4:</b> Key Learning Points	<ul style="list-style-type: none"> <li>• SRFAC CPR+AED Protocol</li> </ul>	<ul style="list-style-type: none"> <li>• Small Group Demo</li> </ul>	<b>30 mins</b>
<b>Chapter 5:</b> Q CPR Graph Interpretation	<ul style="list-style-type: none"> <li>• One-Man Adult Q CPR Graph Interpretation (Issue Q CPR Practice Strips)</li> <li>• 10 Scenario-based One-Man Adult Q CPR Graph Strips for learners to decipher a pass or fail strip</li> <li>• Formative Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture Presentation</li> <li>• Paired Work</li> </ul>	<b>1 hour</b>



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<b>Day 1 (1400 - 1800)</b>			
<b>Chapter 6:</b> Mock Teaching and Mock Testing	<ul style="list-style-type: none"> <li>• Learners will each be given specific theory topics to present with a specific demonstration component to their groups</li> <li>• Each learner will be given specific duration to complete the presentation and coaching</li> <li>• Learners are to also provide peer-feedback on their performances to simulate how they will help their learners</li> <li>• Feedback will be given by the Instructor-Trainer after each learner's presentation and demonstration               <ul style="list-style-type: none"> <li>○ Adult CPR(HO)+AED</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Small Group Demo</li> <li>• Drill &amp; Practice</li> <li>• Role Plays by Trainee-Instructor</li> </ul>	<b>3 hours</b>
<b>Chapter 7:</b> Course Conclusion	<p><b>CPR(HO)+AED Instructor Course 20 MCQ Theory Test</b></p> <ul style="list-style-type: none"> <li>• 80% to pass, up to 3 attempts</li> <li>• Topics covered during the CPR(HO)+AED Instructor Course</li> </ul> <p><b>Testing of Q CPR Graph Strip</b></p> <ul style="list-style-type: none"> <li>• 6 scenario-based One-Man Adult Q CPR Graph Strips for learners to decipher a pass or fail strip</li> </ul> <p><b>Summative Evaluation</b></p> <ul style="list-style-type: none"> <li>• Course Evaluation</li> <li>• Feedback by the Instructor-Trainer</li> <li>• Issuance of Practicum Assessments Forms for the conduct of two (2) CPR(HO)+AED Provider Courses</li> </ul>	<ul style="list-style-type: none"> <li>• Written Test</li> </ul>	<b>1 hour</b>