



SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



Course Title	Standard First Aid Course (SFAC) / Refresher SFAC (RSFAC)
Course Description	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 Standard First Aid Provider Course.
Course Objectives	By the end of the course, learners will have the relevant knowledge and application skills in Standard First Aid to apply during an emergency or accident for adult and infant casualties. <ol style="list-style-type: none"> 1. Explain the duties and responsibilities of First Aider. 2. Apply first aid to accident casualties in the community. 3. Manage a medical emergency in the community. 4. Identify common accidents requiring first aid treatment. 5. Apply the use of AED.
Course Module Description	Chapter 1: Essentials of First Aid Chapter 2: Unconscious Casualty (Non-Cardiac Arrest) Chapter 3: Respiratory Problems Chapter 4: Shock, Bleeding & Wounds Chapter 5: Musculoskeletal Injuries Chapter 6: Burn Injuries Chapter 7: Other First Aid Knowledge Chapter 8: CPR(Hands-Only) + AED https://srfac.sg/wp-content/uploads/2020/11/2020-Standard-First-Aid-Syllabus-Outline.pdf
Ratio	Lecture - 1 Facilitator : 16 Learners Small Group Practical - 1 Facilitator : 4 Learners (up to 4 Facilitators per class)
Language Medium	SFA Provider Course is available in English & Mandarin.
Attire	Casual (T-shirt, Jeans and Covered Shoes)



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<p>Prerequisites</p>	<p>Full Course:</p> <p>P1. Prior reading SRFAC Standard First Aid 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> <p>Refresher Course:</p> <p>RP1. Prior reading of the SRFAC Standard First Aid Provider Manual.</p> <p>RP2. Valid (not expired) SFA 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>Assessment</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"> - 30 Multiple Choice Questions (80% to pass, 24/30) <p>(ii) Practical Assessment (Up to 3 attempts to pass)</p> <ul style="list-style-type: none"> - CPR(HO)+AED (includes Continuous Hands-Only Chest Compressions QCPR) - Bandaging (1 X Bleeding and 1 X Fracture) - Application of Tourniquet - Conscious and Unconscious Foreign Body Airway Obstruction (Choking) - Administration of EpiPen - Administration of MDI with Spacer



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Course Duration	Full SFA Provider Course: 16 hours Refresher SFA Provider Course: 12 hours
Course Fees	Full SFAC: SGD \$185.00 per participant (exclusive of GST) Refresher SFAC: SGD \$160.00 per participant (exclusive of GST)
Doctor's Memo	<p>Trainees with valid Doctor's Excuse Letters will be given a Letter of Attendance upon request with no additional charges. They will be required to attend both theory & practical training sessions. They are allowed to be exempted from doing the strenuous practical components. However, they are to sit for the theory assessment and PASS not more than the given 3 attempts. They shall be awarded the Letter of Attendance and may leave the premises without performing the practical assessments.</p> <p>Trainees are awarded the Letter of Attendance (upon request) if they do not meet the passing criteria. This does not constitute being COMPETENT / PASS Standard First Aid.</p>
Certification	<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. This course will holistically indicate the acquiring of 2 certifications:</p> <ul style="list-style-type: none"> + Standard First Aid Provider + CPR(HO)+AED Provider

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





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Training Schedule

Standard First Aid Provider Course Outline			
Chapter	Content	Methodology	Duration
1	Essentials of First Aid 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	<ul style="list-style-type: none"> Lecture Presentation 	60 mins
2	Unconscious Casualty (Non-Cardiac Arrest) 2.1 Head/Spinal Injuries 2.2 Heat Disorders 2.3 Fits 2.4 Fainting 2.5 Low Blood Sugar 2.6 Stroke 2.7 The Recovery Position	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice 	60 mins 30 mins
3	Respiratory Problems 3.1 Adult Foreign Body Airway Obstruction 3.2 Asthma (Metered Dose Inhalers & Spacers) 3.3 Hyperventilation 3.4 Fumes Inhalation 3.5 Allergic Reaction (Epipen to be introduced)	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	30 mins 60 mins
4	Shock, Bleeding & Wounds 4.1 Shock 4.2 Bleeding 4.3 Wounds <ul style="list-style-type: none"> Bruises, Laceration, Incision, Abrasion, Amputation, Bites & Stings 4.4 Bandaging <ul style="list-style-type: none"> Crepe/Roller, Scalp, Eyelid, Arms/Legs, Torso, Application of Tourniquet 	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	60 mins 60 mins

Chapter	Content	Methodology	Duration
5	Musculoskeletal Injuries 5.1 Fracture and Dislocation <ul style="list-style-type: none"> Skull, Jaw, Collarbone, Shoulder, Rib, Arms, Legs 5.2 Soft Tissue Injuries 5.3 Immobilisation/Bandaging <ul style="list-style-type: none"> Arm, Wrist, Collarbone, Shoulder, Leg, Ankle (Figure of Eight) 	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	30 mins
			90 mins
6	Burn Injuries 6.1 Burns Depth and Severity of Burns 6.2 Classification and Treatment of Burns <ul style="list-style-type: none"> Scalding, Radiation/Sunburn, Chemical, Electrical, Thermal 	<ul style="list-style-type: none"> Lecture Presentation 	30 mins
7	Other First Aid Knowledge 7.1 Eye Injuries <ul style="list-style-type: none"> Chemical, Foreign Bodies, Blunt-force Trauma 7.2 Epistaxis (Nose Bleeding) 7.3 Poisoning 7.4 Transportation of Casualty <ul style="list-style-type: none"> One Rescuer carry, Two Rescuer carry, Improvised methods 	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	45 mins
			30 mins
8	CPR(Hands-Only) + AED 8.1 Theory of CPR+AED 8.2 Practice of CPR+AED	<ul style="list-style-type: none"> Lecture Demonstration Drill & Practice 	45 mins
			90 mins
Assessment	<ul style="list-style-type: none"> 30 MCQ: 80% to pass, up to 3 attempts CPR(HO)+AED (includes Continuous Hands-Only Chest Compressions QCPR) Bandaging (1 X Bleeding and 1 X Fracture) Application of Tourniquet Conscious and Unconscious FBAO Administration of EpiPen and MDI with Spacer 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



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Refresher Standard First Aid Provider Course Outline			
Chapter	Content	Methodology	Duration
1	Essentials of First Aid 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	<ul style="list-style-type: none"> Lecture Presentation 	15 mins
2	Unconscious Casualty (Non-Cardiac Arrest) 2.1 Head/Spinal Injuries 2.2 Heat Disorders 2.3 Fits 2.4 Fainting 2.5 Low Blood Sugar 2.6 Stroke 2.7 The Recovery Position	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice 	15mins 30 mins
3	Respiratory Problems 3.1 Adult Foreign Body Airway Obstruction 3.2 Asthma (Metered Dose Inhalers & Spacers) 3.3 Hyperventilation 3.4 Fumes Inhalation 3.5 Allergic Reaction (Epipen to be introduced)	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	15 mins 60 mins
4	Shock, Bleeding & Wounds 4.1 Shock 4.2 Bleeding 4.3 Wounds <ul style="list-style-type: none"> Bruises, Laceration, Incision, Abrasion, Amputation, Bites & Stings 4.4 Bandaging <ul style="list-style-type: none"> Crepe/Roller, Scalp, Eyelid, Arms/Legs, Torso, Application of Tourniquet 	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	15 mins 60 mins



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Chapter	Content	Methodology	Duration
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			90 mins
6	Burn Injuries 6.1 Burns Depth and Severity of Burns 6.2 Classification and Treatment of Burns <ul style="list-style-type: none"> Scalding, Radiation/Sunburn, Chemical, Electrical, Thermal 	<ul style="list-style-type: none"> Lecture Presentation 	15 mins
7	Other First Aid Knowledge 7.1 Eye Injuries <ul style="list-style-type: none"> Chemical, Foreign Bodies, Blunt-force Trauma 7.2 Epistaxis (Nose Bleeding) 7.3 Poisoning 7.4 Transportation of Casualty <ul style="list-style-type: none"> One Rescuer carry, Two Rescuer carry, Improvised methods 	<ul style="list-style-type: none"> Lecture Presentation Demonstration Drill & Practice Role-Play 	15 mins
			30 mins
8	CPR(Hands-Only) + AED 8.1 Theory of CPR+AED 8.2 Practice of CPR+AED	<ul style="list-style-type: none"> Lecture Demonstration Drill & Practice 	15 mins
			90 mins
Assessment	<ul style="list-style-type: none"> 30 MCQ: 80% to pass, up to 3 attempts CPR(HO)+AED (includes Continuous Hands-Only Chest Compressions QCPR) Bandaging (1 X Bleeding and 1 X Fracture) Application of Tourniquet Conscious and Unconscious FBAO Administration of EpiPen and MDI with Spacer 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			12 hours