



SINGAPORE RED CROSS ACADEMY

BASIC FIRST AID + AED - RCY PROVIDER COURSE

Course Title	Basic First Aid + AED Provider Course (BFA+AED)
Course Description (Info on Website)	For CERT (Company Emergency Response Teams), Organisations, Schools, Families, Volunteers and Individuals who wants to be certified competent in their Basic First Aid + AED skills and knowledge.
Course Objective	By the end of the course, learners will have the relevant knowledge and application skills in Basic First Aid and CPR+AED to apply during an emergency or accident: 1. Explain the duties and responsibilities of First Responder 2. Check and pack contents of First Aid Kit 3. Perform First Aid treatment for common medical emergencies at workplaces or at home 4. Perform improvised carrying techniques 5. Perform Cardiopulmonary Resuscitation (CPR) effectively on adult unconscious casualties 6. Perform the use of an Automated External Defibrillator (AED) effectively on adult unconscious casualties
Course Module Description	4 hours: Basic First Aid Module 1: Introduction to First Aid & First Aid Kit Module 2: Common Medical Conditions (Fainting, Heat Injuries, Burns, Bleeding, Sprains, Fractures & Dislocations, Breathing Emergencies & Stroke) Module 3: Improvised Carrying Techniques (Dragging, Cradle Carry, Pick-A-Back, 4-aiders carry human stretcher, rolled blankets, materials with 2 poles stretcher) 4 hours: CPR+AED Module 4: Cardiac Arrest and You Module 5: Cardio Pulmonary Resuscitation (CPR) Module 6: Automated External Defibrillation (AED)
Ratio	Small Group Practical - 1 Facilitator : 6 Learners (up to 3 Facilitators per class)
Class Size	Minimum 10 pax , Maximum up to 30 pax



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Prerequisites	P1. We highly recommend individuals to have attained at least primary six education. P2. Must be physically fit and able to render help to another individual during an emergency. P3. 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.
Language Medium	BFA+AED is available in English
Assessment	A1. Learners would need to fulfil 100% course attendance in order to be eligible for the assessments. A2. Assessment Outline: (i) Written Assessment (Up to 3 attempts to pass) - 20 Multiple Choice Questions (80% to pass, 8/10 for Basic First Aid, 80% to pass, 8/10 for CPR+AED) (ii) Practical Assessment (Up to 3 attempts to pass) - Basic First Aid + CPR+AED Provider
Certification	C1. The CPR+AED course is accredited by the Singapore Resuscitation and First Aid Council and Basic First Aid is accredited by the Singapore Red Cross Academy. C2. A credit card-sized certificate with 2 years validity will be issued upon successful completion by attaining Competent.
Course Duration	8 hours of face-to-face classroom training Total: 8 hours
Attire	Casual (T-shirt, Jeans and Covered Shoes)
Course Fees	SGD \$85.60 per participant (inclusive of GST - after 20% discount)
Subsidised Fees	School Units to pay - \$19.26 per participant (\$10.70 + \$8.56, inclusive of GST) (includes training course fees + training notes & bandages) RCY to pay SRCA remaining sum of \$66.34 per participant



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Basic First Aid + AED Provider Course (BFA+AED) Course Outline			
Module	Content	Methodology	Duration
Basic First Aid	Training • Introduction to Basic First Aid – First Aid – First Aid Kit • Common Medical Conditions – Fainting – Heat Injuries – Burns – Bleeding – Sprains – Fractures & Dislocations – Breathing Emergencies – Stroke • Improvised Carrying Techniques	• Demonstration • Practical Training Practice: (1) Fainting (2) Forehead Bleeding (3) Forearm Bleeding (4) Sprained Wrist (5) Forearm Fracture (6) Choking	3 hours
	Assessment • Theory (MCQ: 10 x First Aid): 80% to pass • Practical Testing with separate re-testing scenarios • Retest for failures up to 3 times (max)	• Written Assessment • Practical Assessment	1 hour
CPR+AED	Training • Theory of Cardio-Pulmonary Resuscitation + Automated External Defibrillator	• Lecture	1 hour
	• Adult 1-man CPR+AED (Hands-on Training)	• Demonstration • Practical Training	2 hours
	Assessment • Theory (MCQ: 5 x CPR, 5 x AED): 80% to pass • Practical Testing with separate re-testing scenarios • Retest for failures up to 3 times (max)	• Written Assessment • Practical Assessment	1 hour
Total hours			8 hours

Accredited by:

- Singapore Red Cross Academy

