



# STANDARD FIRST AID REFRESHER COURSE (SFA-RC)

## For Whom

SFAC Refresher course is designed for individuals who hold a valid or recently expired Standard First Aid Certificate and need to renew their certification. This includes:

Coaches, Instructors, and Trainers.

MOE School Teachers.

Appointed First Aiders in the workplace.

Individuals looking to maintain their skills in accordance with Singapore Resuscitation and First Aid Council (SRFAC) guidelines.

## Entry Requirement

Must possess a valid or recently expired Standard First Aid (SFA) Certificate.

### Medical Fitness

No heart/lung conditions or physical disabilities preventing CPR performance.

## Course Overview

The SFAC-RC course is designed to refresh and update the knowledge and skills of previously trained first aiders. It focuses on the latest SRFAC methodologies for Adult casualty management and the safe use of the Automated External Defibrillator (AED).

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## Course Content

- Essentials of First Aid
- Unconscious Casualty (Non-Cardiac Arrest)
- Respiratory Problems
- Shock, Bleeding and Wounds
- Musculoskeletal Injuries
- Burn Injuries
- Other First Aid Knowledge
- CPR(Hands-Only) + AED

## Course Duration

Total Delivery Hours: 12 Hours

- Training Hours: 8 Hours (Classroom Theory & Practical)
- Assessment Hours: 4 Hours

## Medium of Instruction

English

## Class Size

Maximum class size: 16

## Key Person In-charge

Mr. Monish V (General Manager - Corporate Support Division)

## Facilitator/Learner Ratio

Lecture: 1:16; Practical: 1:4

## Course Attendance

100% attendance required for the Refresher.

## Assessment Advice

**Written Exam:** Minimum of 20 questions on Standard First Aid and 10 questions on CPR(HO)+AED. Duration: 30 Mins (Passing: 70%).

**Practical Exam:** Hands-on assessment including CPR(HO)+AED, Bandaging (1x Bleeding, 1x Fracture), Tourniquet application, FBAO management, and EpiPen/MDI administration. Duration: 3.5 Hours.

## Course Fee Inclusive of GST

S\$ 150

## Teaching Methodology

Classroom-based training with live demonstrations and step-by-step practical exercises.

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## Funding & Claims

NA

## Certification

Based on the successful completion of the course and assessment, a certificate of achievement endorsed by Eversafe Academy Ltd., will be awarded to the trainee.

E-cert available

## Course Venue

3 Soon Lee Street, #04-14/16&17, Pioneer Junction, Singapore-627606

## Registration Venue

No. 2, Kampong Kapur Road, Little India, Near Jalan Besar, MRT Station Exit B, Singapore - 208674

No. 3, Soon Lee Street, #04-14/16 & 17, Pioneer Junction, Singapore - 627606.

No. 2, Joo Koon Road, Singapore - 628966.

No. 2, Wan Lee Road, Singapore - 627934.



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