

LEARN • EMPOWER • ACT

OCCUPATIONAL FIRST AID

Course Syllabus

Recognised by Ministry of Manpower, WSH Council and Singapore Civil Defence Force





FOUNDATION



1. PRINCIPLES AND PRACTICE OF FIRST AID

- a. Definition of first aid
- b. Aims of first aid
- c. Responsibilities and duties of a first aider
- d. Universal precautions
- e. First aid box contents and its uses

2. HANDLING AND TRANSPORTATION OF THE INJURED

- a. Principles of lifting
- b. Demonstration of transportation techniques
- c. 1-rescuer techniques
- d. 2-rescuer techniques



3. MANAGEMENT OF MEDICAL EMERGENCIES

- a. Primary survey (DRABC)
- b. Secondary survey (history, monitor, head to toe examination)
- c. Emergency action plan
- Communication system
- Evacuation and transportation plan
- d. Records and reporting system
- e. Case scenarios



FIRST AID TOPICS

1. SHOCK, BLEEDING AND WOUNDS

- a. Basic anatomy and physiology of the circulatory system
- b. Types of bleeding i.e. arterial, venous or capillaries
- c. Management of bleeding from common sites
- d. Management of shock
- e. Management of bites and stings
- f. Types of bandages available
- g. Principles and techniques in applying bandages
- h. Practical on bandaging of wounds

2. FRACTURES AND SOFT TISSUE INJURIES

- a. Basic skeleton structure
- b. Signs and symptoms of fractures, sprains, strains, dislocations
- c. Management of the common fractures: head, jaw, collarbone, upper limb (upper arm, lower arm hands, fingers), lower limb (thighbone, kneecap, pelvis) and spine
- d. Management of soft tissue injuries & wounds
- e. Practicals on:
- Bandaging
- Splinting for bone
- Soft tissue injuries, including bandaging of the eye with use of eye shield
- Triangular bandages
- Crepe bandages





4. UNCONSCIOUS VICTIM

- a. Causes & Management: Heat disorders (including heat cramps, heat exhaustion and heat stroke), drowning, electric shock, overcome by gases, fainting, head and neck injuries, fit, hysteria, stroke and diabetic emergencies
- b. Practical case scenarios

3. BREATHING DIFFICULTIES

a. Anatomy and physiology of respiratory system

b. Sign and symptoms

c. Management of: choking, fumes inhalation, hyperventilation, asthma, respiratory arrest and drowning

d. Practical on choking





5. OCCUPATIONAL EYE INJURIES

- a. Anatomy of the eye
- b. Common causes of eye injury
- c. Examination of the eye.
- d. Signs & symptoms and management
- Burns by chemical, heat
- Radiation injuries e.g. arc eye
- Foreign bodies in eye
- "Black eye"
- e. Case studies (with pictures)





6. BURNS

- a. Definition
- b. Anatomy of the skin (diagram)
- c. Signs and symptoms and management of the following:
- Electrical burns
- Dry burns e.g. flame burns
- Scalds
- Chemical burns
- Radiation burns, including sun burns
- d. Assessment on the severity of burns
- e. Management of burns
- f. Case studies





LIFE SUPPORT TOPICS

1. CARDIOPULMONARY RESUSCITATION (CPR)

- a. Revision of the anatomy and physiology of the circulatory system with emphasis on the heart
- b. Chain of survival
- c. Principles of resuscitation
- d. Universal precautions (including use of resuscitation mask)
- e. Resuscitation sequence and techniques for one-man CPR





2. AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- a. Introduction on AED, features & Indications
- b. Dangers associated with AED operations and safety precaution
- c. Chest preparation
- d. Electrode pad placement
- e. AED procedure and troubleshooting
- f. Documentation & housekeeping
- g. CPR+AED practical sessions







WORKPLACE SAFETY AND HEALTH TOPICS

1. FIRST AID REQUIREMENTS IN WORKPLACES

- a. Rationale
- b. Requirements under the Workplace Safety and Health Act
- Appointment of first aiders
- First aider training
- First aid box
- First aid room
- c. Requirement under The WSH (FirstAid) Regulations
- No. of first aid boxes or containers
- Content of first aid box
- d. No. of first aiders to be appointed

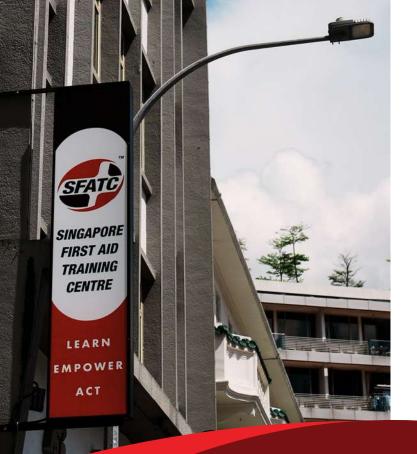
2. INDUSTRIAL TOXICOLOGY

- a. Routes of entry of chemicals
- b. Importance of SDS
- c. Situation with hazardous exposure (case scenarios)
- Accidental release of chemicals
- Confined space
- Unsafe work practices, including proper use of PPEs
- d. Rationale for understanding the effects of chemicals on the body
- e. Simple Preventive Measures
- Safe work practices
- Good personal hygiene
- Use personal protective equipment (PPE)
- Precautions to take during rescue operations (e.g. in confined spaces)
- f. Simple treatment, including the use amyl nitrite ampoules, where cyanide is used.

3. SAFETY AND ACCIDENT PREVENTION

- a. General provision under the Workplace Safety and Health Act for safety and accident prevention
- b. Importance of safe work measures (Video presentation preferred)
- c. Common industrial accidents and unsafe work procedures (case studies)
- d. The role of the first aider in preventing accidents







Your Partners In Saving Lives



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