



STANDARD FIRST AID

Course Syllabus





Foundation

1. Essentials of first aid

- a. Definition and aims of first aid
- b. Responsibilities and limitations of a first aider
- c. Universal precautions
- d. First aid kit contents and maintenance
- e. Primary survey
- f. Secondary survey
- g. Record and report
- h. SCDF MyResponder App

First Aid Topics

1. Unconscious victim

- a. Head/ spinal injuries
- b. Heat disorders
 - Heat cramps
 - Heat exhaustion
 - Heat stroke
- c. Fits
- d. Fainting
- e. Low blood sugar
- f. Stroke
- g. Recovery position

2. Respiratory problems

- a. Adult foreign body airway obstruction
- b. Asthma
- c. Hyperventilation
- d. Fumes inhalation
- e. Allergic reaction

3. Shock, bleeding and wounds

- a. Shock
- b. Bleeding
- c. Wounds
 - Bruises
 - Laceration
 - Incision
 - Abrasion
 - Amputation
 - Bites and stings
- d. Bandaging
 - Crepe roller
 - Bandaging of scalp, eyelid, arms, legs and torso
 - Application of tourniquet





4. Musculoskeletal injuries

a. Fracture and dislocation

- Skull
- Jaw
- Collar bone
- Shoulder
- Rib
- Arms
- Legs

b. Soft tissue injuries

c. Immobilisation / bandaging

- Upper body immobilisation of arm, wrist, collarbone, shoulder
- Lower body immobilisation of leg and ankle

5. Burns

a. Burns depth and severity of burns

b. Classification and treatment of burns

- Scalding
- Radiation / sunburn
- Chemical
- Electrical
- Thermal

6. Other first aid knowledge

a. Eye injuries

- chemical
- foreign bodies
- blunt-force trauma

b. Epistaxis

c. Poisoning

d. Handling and transportation of the injured

- 1-rescuer carry
- 2-rescuer carry
- improvised methods

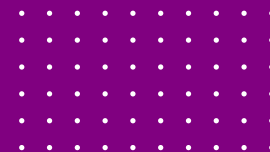
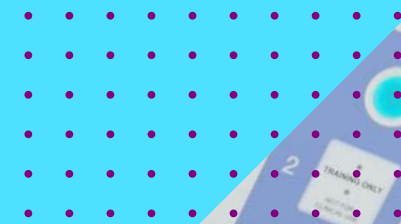


Life Support Topics

1. Cardiopulmonary Resuscitation & Automated External Defibrillator (CPR+AED)

a. Theory of CPR+AED

b. Practice of adult CPR+AED (hands-only)



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