

## Singapore Resuscitation and First Aid Council

### SYLLABUS OUTLINE for

#### Child First Aid (CFA)

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**From 1<sup>st</sup> August 2019**

- 1) Child First Aid topics will be embedded into the Standard First Aid Syllabus and enhanced with BCLS+AED content. However, the CPR component will be the Mouth-To-Mouth version.
- 2) Upon completion of Child First Aid Course, the learner will be issued with 3 certificates:
  - a. **Child First Aid Provider** certificate
  - b. **BCLS+AED Provider** certificate
  - c. **Standard First Aid Provider** certificate

Before 1 <sup>st</sup> June 2019	After 1 <sup>st</sup> June 2019	After 1 <sup>st</sup> August 2019	
<div data-bbox="110 1227 400 1429" style="border: 1px solid black; border-radius: 15px; background-color: #4a7ebb; color: white; padding: 10px; text-align: center;"> <b>Standard First Aid Course</b>            18~20 Hrs            (SFA+AED Certification)         </div> <ul style="list-style-type: none"> <li>➤ Adult-centric content</li> <li>➤ Includes CPR+AED</li> <li>➤ Course accreditation recognised by National Registry of Coaches (Sports SG)</li> </ul>	<div data-bbox="464 1227 751 1429" style="border: 1px solid black; border-radius: 15px; background-color: #add8e6; padding: 10px; text-align: center;"> <b>Child First Aid Course</b>            20~24 Hrs            (CFA Certification)         </div> <ul style="list-style-type: none"> <li>➤ Child-centric content</li> <li>➤ Includes child specific topics</li> <li>➤ Course accreditation recognised by Early Childhood Development Agency (ECDA)</li> </ul>	<div data-bbox="826 1227 1112 1429" style="border: 1px solid black; border-radius: 15px; background-color: #ffff00; padding: 10px; text-align: center;"> <b>Standard First Aid Course</b>            ➤ Min 16 Hrs (Full)            ➤ Min 13 Hrs (Refresher)            ✓ SFA Certificate            ✓ CPR(HO)+AED Certificate         </div> <ul style="list-style-type: none"> <li>➤ Adult-centric content</li> <li>➤ Includes Hands-Only CPR+AED</li> <li>➤ Updated to include application of tourniquet and topic on poisoning</li> <li>➤ To be completed as 1 course with learners attaining 2 certificates</li> <li>➤ Course accreditation recognised by National Registry of Coaches (Sports SG)</li> </ul>	<div data-bbox="1177 1227 1465 1429" style="border: 1px solid black; border-radius: 15px; background-color: #ffcc00; padding: 10px; text-align: center;"> <b>Child First Aid Course</b>            ➤ Min 23 Hrs (Full)            ➤ Min 19 Hrs (Refresher)            ✓ CFA Certificate            ✓ BCLS+AED Certificate            ✓ SFA Certificate         </div> <ul style="list-style-type: none"> <li>➤ A blend of Adult and Child/Infant content</li> <li>➤ Includes BCLS+AED</li> <li>➤ Updated to include administration of prescribed medication for known conditions</li> <li>➤ To be completed as 1 course with learners attaining 3 certificates</li> <li>➤ Course accreditation recognised by Early Childhood Development Agency (ECDA)</li> </ul>

**Chapter 1: Essentials of First Aid**

No.	Topic	Outline/Remarks	Duration
<b>1.0</b>	<b>Essentials of First Aid</b>		
<b>1.1</b>	<b>Definition and Aims of First Aid</b> <ul style="list-style-type: none"> <li>➤ <b>Preserve/Save life</b></li> <li>➤ <b>Promote recovery</b></li> <li>➤ <b>Prevent further injuries</b></li> </ul>	First Aid is a form of emergency care/treatment to anyone who is <b>injured or suddenly ill</b> , before arrival of a doctor, nurse or paramedic.	<b>Theory:</b> 1.5 hour
<b>1.2</b>	<b>Roles/Limitations of a First Aider</b>	A First Aider shall only perform non-invasive treatment and should not be providing any medication unless under the instructions of a qualified medical doctor.  However, for appointed First Aiders with duty of care within the organisation/workplace, you may be required to administer prescribed medication, based on the organisation/workplace Standard Operation Procedures (SOPs) to the casualty with the diagnosed condition.	
<b>1.3</b>	<b>Universal Precautions</b>	Surgical mask, CPR mask, gloves, hand-washing technique, etc.	
<b>1.4</b>	<b>First Aid Kit Contents and Maintenance</b>	Identify the items for the correct use, check expiry date and record usage/replenishment. Introduce items commonly found in FA Kit.	
<b>1.5</b>	<b>Primary Survey (DRSABC)</b>	D – Emphasize on hazard identification. R – Check by tapping shoulders. S – Get help and call 995 for Singapore Civil Defence Force (SCDF). A – Get the AED if visibly nearby. B – Check for normal breathing. C – Continuous chest compressions.	
<b>1.6</b>	<b>Secondary Survey</b>	Basic history taking, Head-to-toe examination and vital signs Normal breathing and heart rate to be introduced. Use only AVPU to assess level of consciousness. Introduce basic reporting and recording.	

1.7	<b>Record and Report</b>	When Singapore Civil Defence Force (SCDF) officers arrive, you will be required to provide some basic information regarding the incident and the treatment provided. If in doubt, take que from the SCDF Officer's instructions. Additionally, your workplace may require you to provide a written report – follow your workplace's reporting process.	
1.8	<b>SCDF MyResponder App</b>	Introduce the app for awareness. Encourage to download.	
1.9	<b>Differences Between Child &amp; Adult Casualties</b>	<p>Highlight differences between child and adult anatomy / physiology – with clinical significance</p> <p>Handling the paediatric casualty and the parents</p>	
		<b>Chapter 1 Duration</b>	<b>1.5 hours</b>

## Chapter 2: Unconscious Casualty (Non-Cardiac Arrest)

No.	Topic	Outline/Remarks	Duration
<b>2.0</b>	<b>Unconscious Casualty (Non-Cardiac Arrest)</b>		
2.1	<b>Head/Spinal Injuries</b>	DRSABC – Do not move the casualty and minimise body movements.	<b>Theory:</b> 1 hour  <b>Practical:</b> 1 hour
2.2	<b>Heat Disorders</b> <ul style="list-style-type: none"> <li>➤ Heat cramps</li> <li>➤ Heat exhaustion</li> <li>➤ Heat stroke</li> </ul>	DRSABC – Initiate body cooling with normal water and hydrate if still conscious.	
2.3	<b>Fever</b>	<a href="#">Facts and myths about fever</a> <a href="#">Management of fever</a> - Pharmacological methods - Non pharmacological methods	
2.4	<b>Fits</b>	Assess DRSABC after spasms stopped – Note duration and wait for EMS.  <a href="#">Administration of rectal diazepam</a>	
2.5	<b>Fainting</b>	DRSABC – Supine position is sufficient.	
2.6	<b>Low Blood Sugar</b>	DRSABC – Give sugar if conscious or wait for EMS if unconscious.	
2.7	<b>Stroke</b>	DRSABC – Place in Recovery Position and wait for EMS.	
2.8	<b>The Recovery Position (Lateral Position for Infant)</b>	An <b>unresponsive and breathing</b> casualty may be placed in a lateral side-lying position. This position will help increase total airway volume and decrease stridor severity.	
		<b>Chapter 2 Duration:</b>	<b>2 hours</b>

### Chapter 3: Respiratory Problems

No.	Topic	Outline/Remarks	Duration
<b>3.0</b>	<b>Respiratory Problems</b>		
3.1	<b>Adult Foreign Body Airway Obstruction</b>	<p><b>Adult FBAO (Conscious):</b> Heimlich Manoeuvre for normal casualties and chest thrusts for obese/pregnant casualties.</p> <p><b>Adult FBAO (Unconscious):</b> Provide continuous chest compressions, check mouth for foreign body and remove if visible. Check breathing and resume continuous chest compressions if absent.</p>	<p><b>Theory:</b> 1 hour</p> <p><b>Practical:</b> 1.5 hours</p>
3.2	<b>Infant Foreign Body Airway Obstruction</b>	<p><b>Infant FBAO (Conscious):</b> 5 back blows and 5 chest thrusts</p> <p><b>Infant FBAO (Unconscious):</b> Provide continuous chest compressions, check mouth for foreign body and remove if visible. Check breathing and resume continuous chest compressions if absent.</p>	
3.2	<b>Asthma</b>	<p>Introduce bronchodilators and spacers.</p> <p><a href="#">Administration of MDI</a></p>	
3.3	<b>Hyperventilation</b>	Use of paper/plastic bag is prohibited. Reassurance may be sufficient to help the casualty.	
3.4	<b>Fumes Inhalation</b>	Personal protection, evacuation and prepare for CPR(MTM)+AED in case of Respiratory Arrest.	
3.5	<b>Allergic Reaction</b>	<p>Remove from immediate area if due to suspected allergen in the environment. Assist with personal medication. EpiPen to be introduced in theory.</p> <p><a href="#">Administration of EpiPen</a></p>	
		<b>Chapter 3 Duration:</b>	<b>2.5 hours</b>

## Chapter 4: Shock, Bleeding and Wounds

No.	Topic	Outline/Remarks	Duration
<b>4.0</b>	<b>Shock, Bleeding and Wounds</b>		
<b>4.1</b>	<b>Shock</b>	Explain Shock as a lack of circulation which may result in organ damage and eventual death. List common types of Shock (out-of-hospital context) – Hypovolemic, cardiogenic, etc.	<b>Theory:</b> 1 hour  <b>Practical:</b> 1 hour
<b>4.2</b>	<b>Bleeding</b>	Management of bleeding to include: <ul style="list-style-type: none"> <li>➤ Direct Pressure</li> </ul>	
<b>4.3</b>	<b>Wounds</b> <ul style="list-style-type: none"> <li>➤ Bruises</li> <li>➤ Laceration</li> <li>➤ Incision</li> <li>➤ Abrasion</li> <li>➤ Amputation</li> <li>➤ Bites and Stings (Bee Sting, Scorpion Sting, Snake Bite, Jellyfish Sting and Animal Bite)</li> </ul>	Cold compress to be taught for Bruises with emphasis on time limit and prevention of skin desensitisation due to prolonged cold.  Tourniquets can be taught for the topic of amputation: <ul style="list-style-type: none"> <li>➤ Improvised tourniquet using triangular bandage</li> <li>➤ Indicate time on forehead</li> </ul>	
<b>4.4</b>	<b>Bandaging</b> <ul style="list-style-type: none"> <li>➤ Crepe/Roller</li> <li>➤ Bandaging:               <ul style="list-style-type: none"> <li>✓ Scalp</li> <li>✓ Eyelid</li> <li>✓ Arms/Legs</li> <li>✓ Torso</li> </ul> </li> <li>➤ Application of Tourniquet</li> </ul>	Focus on ease of use and skills retention. Avoid complicated or sophisticated techniques.	
		<b>Chapter 4 Duration:</b>	<b>2 hours</b>

## Chapter 5 Musculoskeletal Injuries

No.	Topic	Outline/Remarks	Duration
<b>5.0</b>	<b>Musculoskeletal Injuries</b>		
5.1	<b>Fracture and Dislocation</b> <ul style="list-style-type: none"> <li>➤ Fractured Skull</li> <li>➤ Fractured/Dislocated Jaw</li> <li>➤ Fractured Collar Bone</li> <li>➤ Dislocated Shoulder</li> <li>➤ Fractured Rib</li> <li>➤ Fractured Arms</li> <li>➤ Fractured Legs</li> </ul>	There is <b>no evidence in the first aid setting for or against the straightening or gentle realignment</b> of a suspected angulated long bone fracture before splinting.	<b>Theory:</b> 30 mins  <b>Practical:</b> 1.5 hour
5.2	<b>Soft Tissue Injuries</b>	Muscular Cramps, Sprain and Strain – RICE therapy	
5.3	<b>Immobilisation/Bandaging</b> <ul style="list-style-type: none"> <li>➤ <b>Upper Body Immobilisation:</b> <ul style="list-style-type: none"> <li>✓ Arm</li> <li>✓ Wrist</li> <li>✓ Collarbone</li> <li>✓ Shoulder</li> </ul> </li> <li>➤ <b>Lower Body Immobilisation:</b> <ul style="list-style-type: none"> <li>✓ Leg</li> <li>✓ Ankle (Figure of Eight)</li> </ul> </li> </ul>	In general, <b>first aid providers should not move or try to straighten an injured extremity.</b> Based on training and circumstance (such as remote distance from EMS or wilderness settings, presence of vascular compromise), some first aid providers may need to move an injured limb or person. In such situations, providers should protect the injured person, including splinting in a way that limits pain, reduces the chance for further injury, and facilitates safe and prompt transport.	
		<b>Chapter 5 Duration:</b>	<b>2 hours</b>

### Chapter 6: Burn Injuries

No.	Topic	Outline/Remarks	Duration
<b>6.0</b>	<b>Burn Injuries</b>		
<b>6.1</b>	<b>Burns Depth and Severity of Burns</b>	<p>Burns Depth: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> degree (superficial, partial and Full thickness).</p> <p>Severity of Burns: Threats to airway, breathing and vital body parts.</p>	<b>Theory:</b> 30 mins
<b>6.2</b>	<b>Classification and Treatment of Burns:</b> <ul style="list-style-type: none"> <li>➤ Scalding</li> <li>➤ Radiation/Sunburn</li> <li>➤ Chemical</li> <li>➤ Electrical</li> <li>➤ Thermal</li> </ul>	Cooling can reduce risk of injury and depth of injury. Cool thermal burns with cool or cold potable water as soon as possible and for at least 10 minutes.	
		<b>Chapter 6 Duration:</b>	<b>0.5 hour</b>



### Chapter 7: Other First Aid Knowledge

No.	Topic	Outline/Remarks	Duration
<b>7.0</b>	<b>Other First Aid Knowledge</b>		
<b>7.1</b>	<b>Eye Injuries</b> <ul style="list-style-type: none"> <li>➤ <b>Chemical</b></li> <li>➤ <b>Foreign Bodies</b></li> <li>➤ <b>Blunt-force Trauma</b></li> </ul>	Chemicals: Flush with water Foreign bodies: Flush with water (minor) or stabilise the object (major) Blunt-force trauma: Cold compress	<b>Theory:</b> 1.5 hours  <b>Practical:</b> 30 mins
<b>7.2</b>	<b>Foreign bodies (FB)</b> <ul style="list-style-type: none"> <li>➤ <b>Ear Nose Throat FB</b></li> <li>➤ <b>Swallowed FB</b></li> <li>➤ <b>Aspirated FB</b></li> </ul>	<b>FB in Ear, Nose or Throat</b> Use a tweezer to gently remove if clearly visible and within reach. If in doubt or not confident in removal, consult a doctor.  <b>Swallowed FB</b> <b>DO NOT</b> force casualty to vomit.  <b>Aspirated FB</b> Encourage to cough out if it is partially stuck in the airway. Apply FBAO relief techniques.  If in doubt, always consult a doctor or call 995 for SCDF.	
<b>7.3</b>	<b>Vomiting and diarrhea</b>	Take a history of food intake over the past 24 hours.  Consult a doctor as soon as possible.  <b>DO NOT</b> force feed the casualty  If fever and dehydration sets in, call 995 for SCDF.	
<b>7.4</b>	<b>Common Rashes</b>	Tepid/cool water shower bath to temporarily relieve symptoms.  Consult a doctor for an accurate diagnosis and appropriate treatment.	
<b>7.5</b>	<b>Epistaxis (Nose Bleeding)</b>	<b>DO NOT</b> force casualty to tilt the head backwards.	
<b>7.6</b>	<b>Poisoning</b>	Poisoning can be acute (sudden or over a very short period of time) or chronic (over a prolonged period of time). Depending on the length of exposure and dose, effects may	

		<p>range from temporary to irreversible damage or death.</p> <p><b>DO NOT</b> force the casualty to vomit unless it is a natural body reaction.</p> <p><b>DO NOT</b> force the casualty to drink more water unless advised by SCDF or a Doctor.</p>	
<b>7.7</b>	<p><b>Transportation of Casualty</b></p> <ul style="list-style-type: none"> <li>➤ <b>One Rescuer carry</b></li> <li>➤ <b>Two Rescuer Carry</b></li> <li>➤ <b>Improvised methods</b></li> </ul>	<p>Generally, a casualty should not be moved, especially if he/she is suspected to have a pelvic or spine injury. The casualty should be moved to a safe location if the area is unsafe for the first aid provider or the casualty.</p>	
		<b>Chapter 7 Duration:</b>	<b>2 hours</b>

**Chapter 8: CPR+AED**

No.	Topic	Outline/Remarks	Duration
<b>8.0</b>	<b>CPR(Mouth-To-Mouth)+AED</b>		
<b>8.1</b>	Theory of CPR+AED	Adult and Infant CPR and use of AED.  Includes demonstration.  Use of AED for Paediatrics – pads placement and application	<b>Theory:</b> 1 hour  <b>Practical:</b> 2.5 hours
<b>8.2</b>	Practice of Adult CPR+AED	Ratio of instructor:learner = 1:6 (~15 mins practice per learner)  Specific manikins* are required to be used for all BCLS+AED and CPR(MTM/HO)+AED practical assessment of one rescuer CPR by 1 <sup>st</sup> June 2019. <i>* See "SRFAC BCLS+AED and CPR+AED Manikin Specification" document</i>	
<b>8.3</b>	Practice of Infant CPR	Ratio of instructor:learner = 1:6 (~10 mins practice per learner)	
		<b>Chapter 8 Duration:</b>	<b>3.5 hours</b>

Topics	Remarks	Minimum Content Hours			
		Full Course		Refresher Course	
		Theory	Practical	Theory	Practical
<b>Chapter 1</b> Essentials of First Aid		90 mins	-	45 mins	-
<b>Chapter 2</b> Unconscious Casualty (Non-Cardiac Arrest)		60 mins	60 mins	30 mins	60 mins
<b>Chapter 3</b> Respiratory Problems		60 mins	90 mins	30 mins	90 mins
<b>Chapter 4</b> Shock, Bleeding and Wounds		60 mins	60 mins	30 mins	60 mins
<b>Chapter 5</b> Musculoskeletal Injuries		30 mins	90 mins	15 mins	90 mins
<b>Chapter 6</b> Burn Injuries		30 mins	-	15 mins	-
<b>Chapter 7</b> Other First Aid Knowledge		90 mins	30 mins	45 mins	30 mins
<b>Chapter 8</b> CPR(MTM)+AED		60 mins	150 mins	30 mins	150 mins
		480 mins (8 hours)	480 mins (8 hours)	240 mins (4 hours)	480 mins (8 hours)
<b>Content Duration</b>		<b>16 hours</b>		<b>12 hours</b>	
<b>Assessment</b>	<b>Practical:</b> <ul style="list-style-type: none"> <li>• Adult CPR(MTM)+AED</li> <li>• Infant CPR</li> <li>• Bandaging (1 X Bleeding and 1 X Fracture)</li> <li>• Application of Tourniquet</li> <li>• Adult and Infant Conscious and Unconscious FBAO</li> <li>• Administration of rectal diazepam, epipen and MDI</li> </ul>	<b>360 mins (6 hours)</b> <i>Split into SFA, BCLS+AED and CFA Assessment Papers to clock as 3 separate courses for audit and documentation purposes</i>			
	<b>Theory:</b> Minimum of 20 question on Standard First Aid and 20 questions on BCLS+AED and 20 questions on Child First Aid	<b>60 mins (1 hour)</b> <i>Split into SFA, BCLS+AED and CFA Assessment Papers to clock as 3 separate courses for audit and documentation purposes</i>			
<b>Course Duration</b>		<b>23 hours</b>		<b>19 hours</b>	