



RESTRICTED

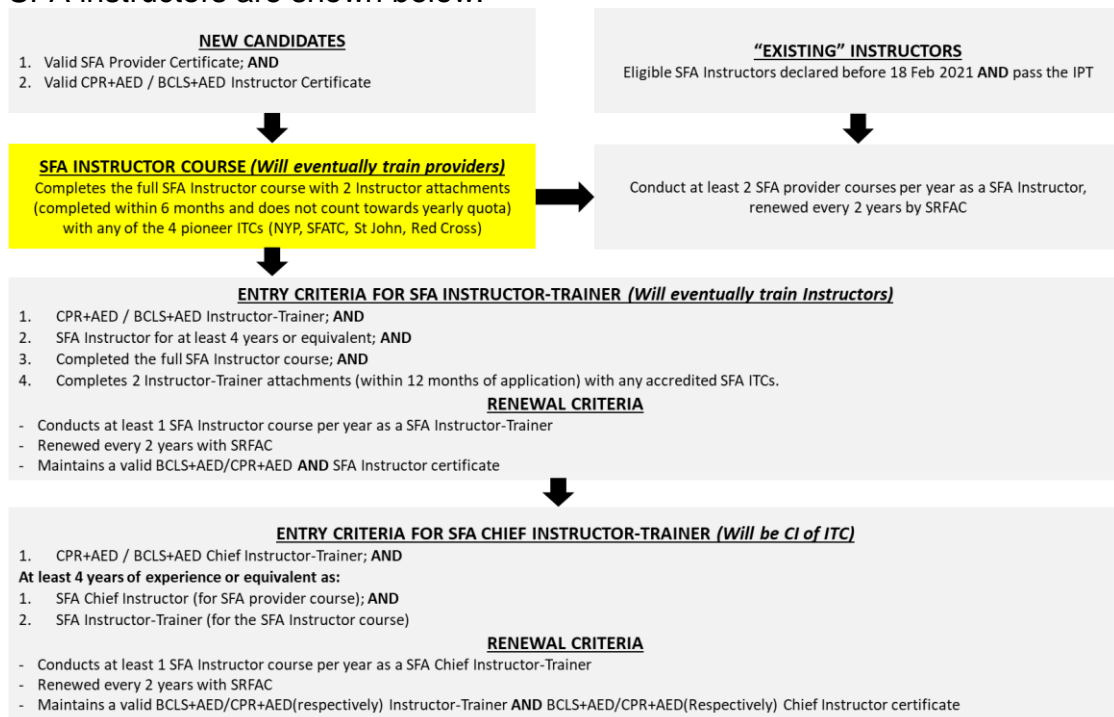
28th March 2022

Dear Training Centres,

Updates for all Accredited Training Centres (TCs)

Standard First Aid (SFA) Instructor Proficiency Test (IPT) (Update)

- As announced on 20th November 2021, **existing SFA Instructors (including Chief Instructors) who have been declared to SRFAC (in February 2021) by their Training Centres (TCs) need not enrol for the Standard First Aid Instructor (SFAI) course but will need to pass an Instructor Proficiency Test (IPT) to be registered as SFA instructors.** Those who have already completed the SFAI course (or have committed to attend the SFAI course) need not undergo the IPT. The pathways for the respective new and existing SFA instructors are shown below:



- The IPT will be a **one-off exercise** and SRFAC aims to have all eligible existing SFA Instructors (including Chief Instructors) declared to SRFAC in Feb 2021 (last year) and **complete the IPT before 30th June 2022**. It comprises of 50 multiple Choice Questions (MCQs):
 - 10 questions on SRFAC guidelines and criteria



RESTRICTED

- b. 20 questions on simple Anatomy and Physiology
- c. 20 questions on First Aid Treatment and Interventions

Reference/Preparatory materials (SRFAC Guidelines and Criteria):

- 2022 SRFAC SFA-CFA TC Guidelines (from SRFAC website)
- 2020 SRFAC SFA Syllabus Outline (from SRFAC website)

Reference/Preparatory materials (Simple Anatomy and Physiology):

- Red Cross and St John First Aid Manual (10th Edition 2016) with a focus on the following:
 - Musculo-Skeletal system
 - Integumentary system (skin)
 - Nervous system
 - Circulatory system
 - Respiratory system

Reference/Preparatory materials (First Aid Treatment and Interventions):

- SRFAC Standard First Aid Manual (R1 – 2020 version)

3. The initial 8 SFA IPT sessions have been successfully conducted at NYP from 7th to 11th March 2022. The SFA IPT for **April 2022** will be conducted over 2 sessions at the Singapore Red Cross Academy (SRCA). The schedule as follows:

IPT Session No.	Date	Time	Available slots
09	16 th Apr 2022 (Saturday)	10.30AM	50
10	30 th Apr 2022 (Saturday)	10.30AM	50

4. Passing criteria is to achieve **80% for each of the 3 sections**. Candidates are allowed up to 3 attempts. Any re-attempt will be done on a separate day. Actions for failed attempts:
- a. Coaching after every failed attempt by respective nominating/sponsoring TC.
 - b. Fail all 3 attempts – retake SFA provider and attend full SFAI course.
5. SFA TCs may register their previously declared SFA Instructors (including Chief Instructors) with SRFAC directly to secure a slot. We will match the registration to the list provided to SRFAC in Feb 2021 (last year). Send in the application to SRFAC by **1st April 2022 (Friday)** – email to loke.jun.hao@upec.sg and noor.azlin.jumaat@upec.sg. Confirmation of slots will be on a first come, first served basis. Please **include their mobile number and email address** for us to contact them.



RESTRICTED

Resumption of Child First Aid (CFA) Refresher Course (Update)

6. Following the implementation of the revised CFA syllabus, and full course registration for all CFA learners from 1st June 2020, SRFAC will **allow the enrolment of refresher course for CFA** if the individual **attended the full CFA course after 1st June 2020**. Enrolment for refresher course **must be supported by the latest expiring/expired certificate (within 3 months before/after the stated expiry date)**. The implementation of enrolment for CFA refresher course shall take effect from **1st April 2022**.

Revised Safe Management Measures for All TCs (Update)

7. With immediate effect, TCs **need not continue** the twice-daily temperature checks or RRT regimes (ART or PET).
8. TCs are to continue implementing the Vaccination-Differentiated Safe Management Measures (VDS), in-line with national guidelines.
9. SRFAC will allow **up to 50 learners** per class (regardless of healthcare/educational institutions or commercial TCs - *Exception applies to CFA and SFA Training Centres. See item 10 for more details – amended on 31 March 2021*) with effect from **1st April 2022** with the following measures in place:
 - a. Maximum of 50 learners are subjected to physical space constraints.
 - b. Mask-on at all times (with the exception of Mouth-To-Mouth ventilations for the CPR component of CFA course; and to maintain 1-metre safe distancing when mask is off).
 - c. Practical and theory assessment must be conducted on-site and invigilated by TC instructors.
 - d. SafeEntry, use of Trace Together mobile application and/or token as well as health declaration.
 - e. Provision of hand sanitisers and/or hand-washing points.
 - f. Disinfect/wash hands thoroughly before and after every hands-on practice.
 - g. Manikins and re-useable training equipment (AED trainers, MDIs, BVMs, Auto-Injector trainers, etc) should be wiped down with disinfectant wipes after each use by a learner.
 - h. For First Aid courses, sufficient amount of bandages should be issued to the learners for their individual use only and should not be collected by the TC to be re-used for the next batch of learners.
 - i. Disinfect the training premise and common touch points at the end of each training day/session.
10. (Amended 31 March 2021) SRFAC is aware that it was a common practice for 1 Instructor to take the whole class for bandaging, tourniquet, EpiPen, MDI with



RESTRICTED

spacer and choking modules. The move to enforce a fixed practical training ratio is to allow First Aid learners to be accorded coaching by a dedicated instructor with more hands-on time for the above-mentioned practical components, similar to how CPR+AED is to be taught and assessed. This will also reduce waiting time for hands-on practice and testing.

SRFAC will allow existing practices (for SFA and CFA only) to continue until 30th September 2022 to allow time to transit to the new practical training ratio.

Up till 30 th September 2022				From 1 st October 2022			
Class size capped at 16 learners				Class size capped at 50 learners			
1 instructor can take up the whole class of up to 16 learners for the following hands-on practice : <ul style="list-style-type: none"> a. Bandaging b. Tourniquet c. Epipen d. MDI with spacer e. Recovery Position f. Transportation of Casualty 				Instructor to learner ratio of 1:8		Instructor to learner ratio of 1:4	
1 instructor can take up to 4 learners for the following hands-on practice : <ul style="list-style-type: none"> a. Conscious and Unconscious Choking b. CPR with AED 				Hands-on practice and testing: <ul style="list-style-type: none"> a. Bandaging b. Tourniquet c. Epipen d. MDI with spacer e. Recovery Position (not tested) f. Transportation of Casualty (not tested) 		Hands-on practice and testing: <ul style="list-style-type: none"> a. Conscious and Unconscious Choking b. CPR with AED 	
1 instructor can take up to 4 learners for the following practical testing : <ul style="list-style-type: none"> a. Bandaging b. Tourniquet c. Epipen d. MDI with spacer e. Conscious and Unconscious Choking f. CPR with AED 							
SFA		CFA		SFA		CFA	
Full	Refresher	Full	Refresher	Full	Refresher	Full	Refresher



RESTRICTED

Theory: 6hrs	Theory: 2hrs	Theory: 7hrs	Theory: 3hrs	TBC	TBC	TBC	TBC
Hands-on: 6hrs	Hands-on: 6hrs	Hands-on: 8hrs	Hands-on: 8hrs				
Practical test: 3.5hrs	Practical test: 3.5hrs	Practical test: 4hrs	Practical test: 4hrs				
Theory test: 0.5hr	Theory test: 0.5hr	Theory test: 1hr	Theory test: 1hr				
Total: 16hrs	Total: 12hrs	Total: 20hrs	Total: 16hrs				
