



# SINGAPORE RED CROSS SOCIETY Red Cross Training Centre (RCTC)

## BASIC CARDIAC LIFE SUPPORT (BCLS) COURSE SUMMARY

### COURSE OBJECTIVES

The course is designed to prepare trainees with the ability to recognise several life threatening emergencies such as a heart attack. More importantly this course aims to equip the trainees with the knowledge and skills in providing resuscitation to collapsed adult, child and infant in a safe, timely and effective manner according to the guidelines established by the National Resuscitation Council (NRC), Singapore.

At the end of the course, trainees will be able to:

- Identify the rescuer's role in the chain of survival
- Activate the appropriate emergency response system
- Perform Cardiopulmonary Resuscitation (CPR) for infant, child and adult victims
- Relieve foreign body airway obstruction in a conscious and unconscious infant, child and adult victim

### COURSE MODULES

- Module 1 - ADULT ONE RESCUE CPR
- Module 2 - ADULT FOREIGN BODY AIRWAY OBSTRUCTION
- Module 3 - INFANT ONE RESCUE CPR
- Module 4 - INFANT FOREIGN BODY AIRWAY OBSTRUCTION

### CERTIFICATION

Trainees can collect their card-size Basic Cardiac Life Support (BCLS) certificate on the spot from the Chief Instructor upon passing the assessments. Certificate is endorsed by the National Resuscitation Council (NRC), Singapore which is valid for 2 years.

### ENTRY REQUIREMENTS

- Basic knowledge of CPR is necessary for trainees attending this course.
- Able to speak and read in English effectively.
- Medically fit to perform CPR (resuscitation); have no underlying medical heart, lung conditions or any physical disabilities such as knee, spinal or joints injury history that prevents them from performing effective CPR (resuscitation). Pregnant ladies not allowed for safety precaution.

### COLLECTION OF TRAINING NOTES

Trainees must collect the training notes at least 2 weeks before the course commencement, read the training notes and is familiar with the CPR sequence before attending the training. Please note our opening hours: Mon to Fri, 9am to 6pm (Closed 12:30pm to 2pm, Eve & on Public Holidays)

### COURSE VENUE

Red Cross Training Centre (RCTC), Level 3, 15 Penang Lane, Red Cross House, Singapore 238486 (near Dorely Ghazal MRT station).

### COURSE FEE

- **S\$ 107.00** (inclusive of GST, training notes & 1 complimentary face shield)
- Corporate class can be arranged at a minimum charge of 22 trainees per class @ \$2554.00. Maximum class size is 24. Total corporate request to [training\\_admin@redcross.org.sg](mailto:training_admin@redcross.org.sg)

### COURSE DURATION

6 training hours and 2 assessment hours (1 day from 9am to 6pm)

### COURSE ASSESSMENT

- Theory Assessment (Multiple Choice Questions; 80% to pass).
- Practical Assessment (4 Modules).
- Criteria: 100% course attendance is required to sit for the assessment. Trainees must pass Theory to proceed to Practical. Trainees, who failed the theory assessment at their 1<sup>st</sup> attempt, are allowed a 2<sup>nd</sup> attempt on the same day. If they fail the 2<sup>nd</sup> attempt theory assessment, they would need to re-take the assessment (Theory & Practical) on another day. The re-assessment fee is \$40.00. Trainees, who failed the assessment on the 3<sup>rd</sup> attempt, will have to re-take the entire course. Trainees who failed in any practical assessment will have to re-take the entire assessment (Theory & Practical).

# Bcls Study Guide 2013

**J Dewey**



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