



OCCUPATIONAL FIRST AID

Skills for Life

INTRODUCTION

When it comes to workplaces, first aid and safety is of paramount importance. **But the environment at work is different from any other environment. Imagine performing first aid in a confined space, or in a hazardous area... these are just some of the many realistic elements we incorporate into the Occupational First Aid Course.**

The course also prepares you for a different perspective on emergencies - **active prevention**. It trains you to develop the ability to be able to forecast accidents, participate in preventing them and help put effective first response measures in place.

In other words, this course goes **beyond just the steps for first aid** and prepares you with the tools and skills to help prevent and respond to workplace emergencies. You'll love it.

Why This Course Matters:

- **For Individuals**

Acquire essential life-saving skills that boost confidence and competence in emergency situations, making you an invaluable team member both inside and outside the workplace

- **For Organizations**

Enhance your company's safety culture, reduce potential downtime from accidents, and demonstrate a commitment to employee well-being, which can contribute to a more motivated and engaged workforce

- **For the Security Industry**

Set new standards in preparedness and professional capability, ensuring that all security personnel can handle medical emergencies efficiently, reinforcing the industry's role in broader public safety

- **For the Community**

Strengthen community health resilience by having trained first aiders ready to respond not just in workplaces but wherever needed, bridging the critical gap until professional medical help arrives

HEAR FROM THEM

hear directly from their success stories. Start NOW to become a crucial part of your organization's safety network and emergency response team.



READ NOW

COURSE TOPICS

Safety Topics

- First Aid Requirements, Chemicals in the Workplace, Safety & Accident Prevention

Principles & Practice of First Aid

- Management of Medical Emergencies, Sequence for action, Secondary Survey, Record & Report

Breathing Difficulties

- Choking, Unconscious choking, Fume Inhalation, Drowning, Suffocation & Strangulation, Hyperventilation, Asthma, Allergic Reaction

Cardiopulmonary Resuscitation & Automated External Defibrillator

- One Man CPR (Hands Only), Recovery Position, AED

Shock, Bleeding & Wounds

- Shock, Bleeding, Wounds, Embedded Objects, Amputation, Crush Injury, Bandaging

Unconscious Victim

- Head Injury, Fits, Fainting, Stroke, Diabetic Emergencies, Alcohol Intoxication

Burn Injuries

- Bandaging

Fractures & Soft Tissues Injuries

- Fractures, Dislocation, Bandaging, Sprain, Strain, Swelling, Muscle Cramps, Spinal Injury

Occupational Eye Injuries

- Chemical Burns, Radiation, Foreign Bodies, Black Eyes, Cuts or Scratches

Handling & Transportation of the Injured

Theory and Practical Examination

CERTIFICATION

Upon completion, participants will receive a certificate accredited by the Ministry of Manpower (MOM) which is valid for 2 years.

COURSE DURATION

3 Days 20.83 Hours (Excluding Breaks & Assessment)

- Day 1: 9:00am – 5:00pm
- Day 2: 9:00am – 6:00pm
- Day 3: 9:00am – 4:00pm

Assessment: 4:00pm – 6:40pm

COURSE FEE

SGD\$386.95 (Inclusive 9% GST)

MINIMUM REQUIREMENT

Assumed Skills and Knowledge:

- ESS Workplace literacy and numeracy Level 5 and above, 'O' Levels or equivalent

Medical Fitness:

- Trainees with any medical history or underlying heart and/or lung conditions or any medical problems associated to knee, spine, wrist or joints injury or any physical/mental disabilities are advised to obtain clearance from doctor to attend the course assessments. Pregnant ladies are highly discouraged from undertaking the CPR practice due to safety reasons.

ASSESSMENT CRITERIA

Theory Assessment (MCQ):

- Minimum 70% for Occupational First Aid
- Minimum 80% for CPR AED

Practical Assessment

- Must pass all practical modules.

In collaboration with



REGISTER NOW

as we walk you through every step to elevate your skills and transform your approach to emergency response.



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