



# CREST

COTT RESPONSE EMERGENCY & SAFETY TEAM

## UP COMING TRAINING

ONLY FOR CREST MEMBERS ONLY

Please gather as much information as you can from these courses.  
Some of these courses are sponsored by the Church.

### COURSES BY SCDF: CEPP SYLLABUS

#### TIER 1 'I AM SAFE' PROGRAMME

(approximately 15 minutes)

This e-learning programme focuses on two key topics:

**WHAT DO YOU DO WHEN A FIRE BREAKS OUT?**

**IMPROVISED FIRST AID SKILLS (IFAS)**

You will receive an e-certificate upon successful completion.

**NEED TO COMPLETE ONLINE BEFORE PROCEEDING TO TIER 2**

#### TIER 2 'RESPONSE READY' PROGRAMME

(approximately 3.5 hours) (40 participants)

Participants will learn basic Emergency Preparedness (EP) knowledge. The main focus of this programme will be on the practical hands-on training on three vital EP skills known as the 'Triangle of Life' (first aid, CPR-AED and firefighting).

OVERVIEW OF SGSECURE

ESSENTIAL EP KNOWLEDGE

FIRST AID

ROLES OF A FIRST AIDER AND SCENE SAFETY

CONTENTS OF FIRST AID KIT

BURNS, WOUNDS AND BLEEDING MANAGEMENT

SPRAIN MANAGEMENT

CHOKING

CPR - AED

APPLICATION OF D.A.R.E CONCEPT

SAVE-A-LIFE INITIATIVE

FIRE FIGHTING

PROCEDURES OF OPERATING A FIRE EXTINGUISHER AND A HOSE REEL

**11 August 2018 (COMPLETED)**

**14 September 2019, 10 am to 1 pm**

(Registration OPEN APRIL 26 2019) (40 participants)

**Venue : Auditorium**

### TIER 3 'LIFESAVER' PROGRAMME

(approximately 4 hours) (40 participants)

As a follow up to the 'RESPONSE READY' programme, participants will learn the following comprehensive life-saving skills as well as advanced EP knowledge namely:

**FIRST AID (ENHANCED)**

Immobilising fractures

Handling of fits

**RECOGNISING THE SIGNS AND SYMPTOMS OF STROKE**

**CPR-AED**

1-Man CPR-AED (including mouth-to-mouth resuscitation)

2-Men CPR

Infant CPR

**FIRE SAFETY & EVACUATION AND PROCEDURES**

Triangle of Combustion

Classes of Fire

Refresher on Fire Extinguisher and Hose-reel operating procedures

Methods of casualty evacuation

**EVACUATION PROCEDURES IN TYPICAL HDB RESIDENTIAL ESTATES & SUPER HIGH-RISE RESIDENTIAL BUILDINGS**

**EMERGENCY PROCEDURES**

**IN PLACE PROTECTION PROCEDURES**

**KNOWLEDGE ON PUBLIC WARNING SYSTEM (PWS) SIRENS**

**DECONTAMINATION PROCEDURES**

**25 May 2019, 9 am to 1 pm**

(Registration OPEN APRIL 26 2019)

(ONLY for those who completed TIER 2 in August 2018)

**5 October 2019, 9 am to 1 pm**

(Registration OPEN September 16 2019)

(40 participants)

**Venue : Auditorium (for both dates)**

### FIRST AID COURSES

BY ST JOHN AMBULANCE

(approximately 3 hours) (40 participants)

First Aid Awareness, the following topics will be covered:

- 1) PRINCIPLES AND PRACTICE OF FIRST AID
- 2) MANAGEMENT OF FOREIGN BODY AIRWAY OBSTRUCTION
- 3) GENERAL MANAGEMENT OF WOUNDS AND BURNS
- 4) MANAGEMENT OF COMMON CONDITIONS EG SEIZURE, ASTHMA, HYPERVENTILATION, NOSE-BLEEDING, FAINTING
- 5) CARDIO-PULMONARY RESUSCITATION (CPR)
- 6) AUTOMATED EXTERNAL DEFIBRILLATION

**DATE: JULY 13**

**9 am to 12 pm.**

(Registration OPEN APRIL 26 2019) (60 participants)

**Venue : Rooms 3.2-3.4**

### CPR & AED AWARENESS TALK

BY LIFE LINE

participants will learn the importance of CPR and the AED skills for the importance to keeping the heart flowing

**Date: Wednesday July 17**

**Time : 7 pm to 8:30 pm**

(Registration OPEN APRIL 26 2019)

**Venue : Auditorium**

### CPR & AED CERTIFICATION COURSE

BY LIFE LINE

(approximately 3 hours) (12 participants)

Individuals will be vetted and selected from certain ministries will need to be vetted before going for this certification course.

**DATE: Saturday July 20**

**10 am to 1 pm.**

**Venue : Room 4.1A**

REGISTRATION FORMS At PARISH OFFICE