



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 fire-fighting).

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

28 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 lifesaving 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

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5 October 2019, 9 am to 1 pm

(Registration OPEN September 16 2019)

(40 participants)

Venue : Auditorium