



## SINGAPORE RED CROSS ACADEMY COURSE INFORMATION



<b>Workshop Title</b>	<b>Basic Outdoor Wilderness First Aid Workshop (BOWFA)</b>
<b>Workshop Description</b>	For Individuals or Interest group who wish to be train in Basic Outdoor Wilderness First Aid & CPR + AED skills with improvised methods.
<b>Workshop Objective</b>	By the end of the course, learners will have the relevant knowledge and application skills in Basic Outdoor First Aid workshop to apply during an emergency or accident: <ol style="list-style-type: none"><li>1. Perform Improvised carrying techniques.</li><li>2. Perform Improvised First Aid treatment for common outdoor emergencies.</li><li>3. Perform essential resuscitation skills.</li></ol>
<b>Workshop Module Description</b>	Module 1: Introduction to Outdoor First Aid Module 2: Improvised Carrying Techniques Module 3: Common Outdoor Emergencies Module 4: CPR+AED Awareness Training
<b>Ratio</b>	Small Group Practical (up to 2 Facilitators involved per workshop)
<b>Language Medium</b>	BOWFA is available in English
<b>Attire</b>	Casual (T-shirt, Jeans and Covered Shoes)
<b>Prerequisites</b>	P1. Must be physically fit and able to render help to another individual during an emergency. P2. Medically fit with no pre-existing medical conditions such as knee, spinal or joints injury. Learners with medical problems, such as bronchial asthma, any upper respiratory tract infection, orthopaedic problems (e.g. slipped disc), are encouraged to consult their own doctors before attending the course. In case of doubt, please consult your doctor first and produce a Letter/Memo to indicate if fit for training.
<b>Course Duration</b>	4 hours of face-to-face classroom training Total: <b>4 hours</b>
<b>Course Fees</b>	<b>SGD \$75.00</b> per participant (exclusive of GST)
<b>Certification</b>	A4 Certificate of Participation will be awarded



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Course Outline		
Content	Methodology	Duration
<ul style="list-style-type: none"> <li>● Introduction to Basic Outdoor First Aid</li> <li>● Improved Carrying Techniques               <ul style="list-style-type: none"> <li>○ One Aider Method- Pick-A-Back, Human Crutch, Cradle Carry</li> <li>○ Two Aider Method- Hand Seats</li> <li>○ Blanket/ Dragging</li> </ul> </li> <li>● Common Outdoor Emergency Management               <ul style="list-style-type: none"> <li>○ Fracture and Dislocation</li> <li>○ Heat Injuries</li> <li>○ Improvised First Aid and Bleeding</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Demonstration</li> <li>● Practical Training</li> <li>● Case studies</li> </ul> <p>Practice:</p> <ol style="list-style-type: none"> <li>(1) Loading and lifting</li> <li>(2) Basic Splinting</li> <li>(3) Sprained Wrist</li> <li>(4) Forehead and Forearm Bleeding</li> <li>(5) Improvised Tourniquet</li> </ol>	<p><b>60 mins</b></p> <p><b>120 mins</b></p>
<ul style="list-style-type: none"> <li>● Introduction of CPR + AED Awareness Workshop               <ul style="list-style-type: none"> <li>○ Supervised Practice of Adult 1- man CPR + AED (Hands-only)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Mini- Lecture</li> <li>● Demonstration</li> <li>● Drill &amp; Practice</li> </ul>	<p><b>60 mins</b></p>
<b>Total hours</b>		<b>4 Hours</b>

Awarded by:

- Singapore Red Cross Academy