



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

- Prior 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 x \$2354.00. Maximum class size is 24. Total corporate request to 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 1st attempt, are allowed a 2nd attempt on the same day. If they fail the 2nd 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 2nd 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

Frank Donnelly



Bcls Study Guide 2013:

Issues in Ophthalmology and Optometry Research and Practice: 2013 Edition ,2013-05-01 Issues in Ophthalmology and Optometry Research and Practice 2013 Edition is a ScholarlyEditions book that delivers timely authoritative and comprehensive information about Orthoptics The editors have built Issues in Ophthalmology and Optometry Research and Practice 2013 Edition on the vast information databases of ScholarlyNews You can expect the information about Orthoptics in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Ophthalmology and Optometry Research and Practice 2013 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

Exploring the U.S. Census Frank Donnelly,2019-10-07 The United States census provides researchers students and the public with some of the richest and broadest information available about the American people Exploring the U S Census by Frank Donnelly gives social science students and researchers alike the tools to understand extract process and analyze data from the decennial census the American Community Survey and other data collected by the U S Census Bureau More than just a data collection exercise performed every ten years the census is a series of datasets updated on an ongoing basis With all that data comes opportunities and challenges opportunities to teach students the value of census data for studying communities and answering research questions and the challenges of navigating and comprehending such a massive data source and transforming it into usable information that students and researchers can analyze with basic skills and software Just as important as showing what the census can tell social researchers is showing how to ask good questions of census data Exploring the U S Census provides a thorough background on the data collection methods structures and potential pitfalls of the census for unfamiliar researchers collecting information previously available only in widely disparate sources into one handy guide Hands on applied exercises at the end of the chapters help readers dive into the data The first chapter of the book places the census into context discussing the history and the role of the census in society as well as in the larger universe of government open and big data The book then moves onto the essentials of the data structure including the variety of sources and searching mechanisms geography from nation down to zip code and the fundamental subject categories social economic and geographic that are used for summarizing data in all of the various datasets The next section delves into the individual datasets discussing the purpose and structure of each with separate chapters devoted to the decennial census ACS Population Estimates Program and business datasets A final chapter for this section pulls everything together with a focus on writing and presenting your research on the data The final section covers advanced topics and applications including mapping geographic information

systems creating new variables and measures from census data historical census data and microdata Along the way the author shows how best to analyze census data with open source software and tools such as QGIS geographic information system LibreOffice Calc and the DB Browser for SQLite Readers can freely evaluate the data on their own computers in keeping with the free and open data provided by the Census Bureau By placing the census in the context of the open data movement this text makes the history and practice of the census relevant so readers can understand what a crucial resource the United States census is for research and knowledge *Monthly Labor Review* ,1993 Publishes in depth articles on labor subjects current labor statistics information about current labor contracts and book reviews **Who's who in American Nursing** ,1996 *Zombie Notes BCLS Certification Exam Prep* Michele G. Kunz,2011-01-01 This laminated study guide is for the American Heart Association Certification class and exam for BCLS Basic Cardiac Life Support This study guide is available on Amazon com *BLS Certification Exam Q&a with Explanations* Michele G. Kunz,Joseph C. Kunz, Jr.,2013-01-01 This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS and CPR certification exam for the first time This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines Whichever certifying agency s program you are taking either in a classroom or on the internet this book and its contents will help you succeed in this course In this book we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt *BLS Certification Exam Q&A With Explanations* Joseph C. Kunz Jr,Michele G. Kunz,2019-08-25 BLS Certification Exam Q A With Explanations will certainly help you pass any Basic Life Support Certification Course As you look through the book you will quickly see that this book s format is different from all other review and test preparation books This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS BLS CPR certification exam for the first time This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines Whichever certifying agency s program you are taking either in a classroom or on the internet this book and its contents will help you succeed in this course In this book we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt **BCLS Memorization Guide** Michele G. Kunz,2004-12-01 BCLS memorization study guide for medical and nursing students and RN s MD s LPN s NP s PA s that are studying for the BCLS exam **ACLS Study Guide** Barbara Aehlert,2007 Written in a conversational style the 3rd edition of the ACLS Study Guide features unique user friendly and easy to remember treatment algorithms totally revised to reflect the 2005 emergency cardiac care guidelines Full color throughout it offers a complete concise overview of advanced cardiovascular life support ACLS acute coronary syndromes and acute stroke It also features easy to access information with Stop and Review quizzes in each chapter and a comprehensive pretest and posttest New to this edition are a handy ACLS

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