

# OCCUPATIONAL FIRST AID COURSE (OFAC)

## Accredited under ISO 29990:2010 Standard



### An Essential Skill that can Save A Life

#### Course Aim

This Occupational First Aid Course (OFAC) is a mandatory training course for Occupational First Aider. The aim of the course is to train individuals to render first aid treatment to the casualty during an emergency or accident in their workplace.

#### Learning Objectives

- Explain the duties and responsibilities of First Aider
- List the legal requirements under Workplace Safety and Health (First Aid) Regulations (Cap. 354A, Rg 4) Reg. 5 (2) for the workplace
- Check and pack contents of First Aid Box
- Apply first aid to accident victims in the workplace
- Manage a medical emergency at the workplace
- Manage victims of hazardous chemical exposure
- Identify common workplace accidents requiring first aid treatment

#### Who should attend?

Any individual with an interest in first aid or has been assigned a WSH-related role in the company. Must be physically fit and able to render help to another individual during an emergency.

#### What are the benefits?

There are six essential skill sets required for the OFAC in order to apply first aid at the workplace. The focus is to correctly identify the patient's condition and apply first aid immediately to save life or stabilise the situation. These skills must be demonstrated and practiced during the course.

At the end of the training, participants will be competent in the following skills:

- Handling and transportation of an injured person
- Cardio-pulmonary resuscitation (CPR) and the use of Automated External Defibrillator (AED)
- Dealing with breathing difficulties and unconsciousness
- Management of wounds and bleeding
- Stabilizing a fracture injury
- Management of burns

## Course Content

- Principles and Practice of First Aid
- First aid requirements in factories and other workplaces.
- Wounds, bleeding and shock
- Fractures and soft tissues injuries
- Handling and transportation of the injured.
- Cardio—Pulmonary Resuscitation (CPR) & use of AED
- Breathing difficulties
- The unconscious patient
- Occupational eye injuries
- Burn injuries
- Industrial toxicology
- Safety and accident prevention
- Management of medical emergencies

**Duration** 3 days (24 hours including 4 hours of assessment).

## Pre-requisites:

ESS Workplace literacy and numeracy Level 5 or above. (GCE N/O Level pass or equivalent)

### \*Disclaimer

Learner of this course are advised to have at least ES WPLN Level 5 & above or equivalent as otherwise, the learners may find the course challenging to understand and pass the required assessments.

## How is it assessed?

Learners will be assessed through a written test and practical performance on bandaging (covering at least 3 main areas of body: head, trunk and limbs, to integrate with case scenarios), CPR + AED.

Upon successful completion, candidates will be awarded a certificate from KBA Training Centre Pte Ltd ~ accredited under ISO 29990:2010 which is valid for 2 years; CPR+AED certificate is accredited by – Singapore Resuscitation and First Aid Council (SRFAC) valid for 2 years.

## Course Funding

**Course Reference Number** : CRS-N-0030034

**Funding Validity Period** : Till 09 Jun 2022

**Mode of Training** : Full-Time

- **Skills Development Fund (SDF) Training Grant**— Company sponsored or self-sponsored individual is eligible up to 95% funding (Final grant amount subject to SSG's approval). Absentee Payroll (AP) approved.
- **SkillsFuture Credit** Approved for Singaporeans only
- **PSEA (Post-Secondary Education Account)**: Singaporeans aged 30 and below can use their PSEA to pay for the training.

## SDU Points Available

Upon successful completion of training, WSH Officer can apply for 23 SDU points as part of their Continuing Professional Development (CPD) programme.

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