

# Occupational First Aid Course

Occupational First Aid Course (OFAC) is conducted in both English and Mandarin. OFAC is a 25-hour course covering a myriad of first aid topics, from treating minor bleeding to emergency procedures such as Cardiopulmonary Resuscitation (CPR) and operating the Automated External Defibrillator (AED). Treatment techniques are taught through theory lessons, practical sessions, and case studies.

## Eligibility for Enrolment

Participant must attain at least Secondary Two education otherwise would be a level 5 in Employability Skills System (ESS) Workplace Literacy and Numeracy.

## Certification Validity

Upon successful completion of the course, participants will be issued with a credit card sized certificate which is valid for 2 years.

## Target Audience

This course is opened to individual with interest in first aid who is voluntary or complying to requirements. The individual must be physically fit and able to render emergency help to another individual.

## Training Outcomes

Upon passing the course, participants will be qualified as first aiders to:

- manage injuries like bleeding, burns and fractures
- manage conditions like choking, fainting etc
- perform CPR and operate the AED

## Course Content

### First Aid Topics:

- Principles & Practices of First Aid
- Wounds, Bleeding and Shock
- Fractures and Soft Tissue Injuries
- Handling and Transportation of the Injured
- Breathing Difficulties
- The Unconscious Patient
- Burn Injuries
- Management of Medical Emergencies
- Occupational Eye Injuries
- CPR + AED
- Theory and Practical Assessments



### Safety Topics:

- First Aid Requirements in Workplace
- Chemical in the Workplace
- Occupational Safety & Accident Prevention



## Accreditation

St John Singapore is a Training Provider for certified workplace safety and health courses acceptable by Ministry of Manpower (MOM) under ISO 29993:2017 Certifications accredited by Singapore Accreditation Council (SAC). [Link to MOM](#).

## Course Duration

Full Course: 25 hours (inclusive of assessments) over 3 days.

Refresher Course: 19.5 hours (inclusive of assessments) over 3 days.

## Course Fees

<b>Full Course</b>	<b>S\$310.00</b> (without GST)
<b>Refresher Course*</b>	<b>S\$280.00</b> (without GST)

## Notes

- 1) Course fees stated are not inclusive of GST.
- 2) Course fees are subjected to revision at the discretion of the management without prior notice.
- 3) Self-sponsored participant/s may use SkillsFuture credits to pay for the course fees.
- 4) SSG's subsidy is available for corporate enrolment/s for employee/s who are Singaporeans and PRs with CPF contributions.
- 5) SSG's subsidy is available to employer/s for course fee and absentee payroll funding to fund full-time employees with CPF contributions.
- 6) \*For refresher course: kindly furnish provider's certificate that is valid within three (3) months before expiry date.

To register: [St John Singapore](#)

For overview: [Public Information – SRFAC](#)

## COURSE CENTRES

**St John Headquarters**  
420 Beach Road  
Singapore 199582  
Tel: (65) 6298 0300

**St John Jurong Centre**  
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Singapore 600209  
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