

# OCCUPATIONAL FIRST AID COURSE (OFAC)



OFA is a 25-hour course required by companies for compliance with the Workplace Safety and Health (WSH) Act 2006. Besides first aid, participants also learn about the legislation covering first aid as well as safety, chemicals, and accident prevention in workplaces. Case studies and role play sessions will also be conducted to facilitate understanding. OFA Course is conducted in both English and Mandarin.

## Accreditation

Accredited by:

- Singapore Resuscitation and First Aid Council
- Ministry of Manpower

## Target Audience

This course is opened to individual with interest in first aid who is voluntary or assigned with WSH-related role in the workplace. The individual must be physically fit able to render emergency help to another individual.

## Training Outcomes

Upon passing the course, participants will be qualified as First Aiders in their workplaces to

- 1) administer simple first aid treatment; and
- 2) administer CPR and operate the AED

## **Eligibility for Enrolment**

Participant must attained at least Secondary Two education otherwise would be a Level 5 in ESS Workplace Literacy and Numeracy.

## **Certification**

Participants would need to fulfil the following conditions before being certified:

- Attain at least 75% attendance of the training duration to be eligible for the assessment;
  - Score at least 70% in the First Aid Theory.
  - Score at least 80% in the CPR+AED Theory.
  - Achieve 100% competency in the following practical:
    - CPR+AED
    - Bandaging
    - Management of Airway Obstruction
- 
- OFA certificate is valid for 2 years
  - CPR+AED certificate is valid for 2 years

## **Content**

- Principles and Practice of First Aid
- Wounds, Bleeding, and Shock
- Fractures and Soft Tissues Injuries
- Handling and Transportation of the Injured
- Cardio Pulmonary Resuscitation + Automated External Defibrillation
- Breathing Difficulties
- The Unconscious Casualty
- Burn Injuries
- Management of Medical Emergencies
- First Aid Requirement in Workplace
- Occupational Eye Injuries
- Chemical in the Workplace

- Occupational Safety and Accident Prevention
- Theory and Practical Assessment

### **Course Duration**

#### Freshmen (25 hours)

- 3 days (first and second day 8.30am to 6.30pm, third day 9am to 5pm)
- 8 evenings (seven evenings 6.30pm to 9.30pm, one evening 6pm to 10pm)

#### Recertification (19.5 hours)

- 2.5 days (first day 2pm to 6pm, second day 8.30am to 6pm and third day 9am to 5pm)
- 6 evenings (five evenings 6.30pm to 9.30pm, 1 evening 6pm to 10pm)

### **Course Fee**

- First-timer - S\$331.70 and eligible for SDF Grant
- Recertification prior to existing certificate's expiry – S\$298.55

### **N.B.:**

- 1) **Course fees stated are inclusive of GST.**
- 2) **Course fees are subjected to revision at the discretion of the management without prior notice.**

### **Course Venues**

#### St John Headquarters

420 Beach Road  
Singapore 199582

#### St John Jurong Centre

Blk 209 Jurong East Street 21  
#01-357  
Singapore 600209

## **Course Enrolment**

Course enrolment can be done online at <https://www.stjohn.org.sg/learn/register-now/>. Complete the online form and the enrolment will be forwarded to the selected training venue - [firstaid@stjohn.org.sg](mailto:firstaid@stjohn.org.sg) (Beach Road) or [adminjc@stjohn.org.sg](mailto:adminjc@stjohn.org.sg) (Jurong East).

## **Contacts**

### St John Headquarters

Tel: (65) 6298 0300

Fax: (65) 6296 5797

Email: [firstaid@stjohn.org.sg](mailto:firstaid@stjohn.org.sg)

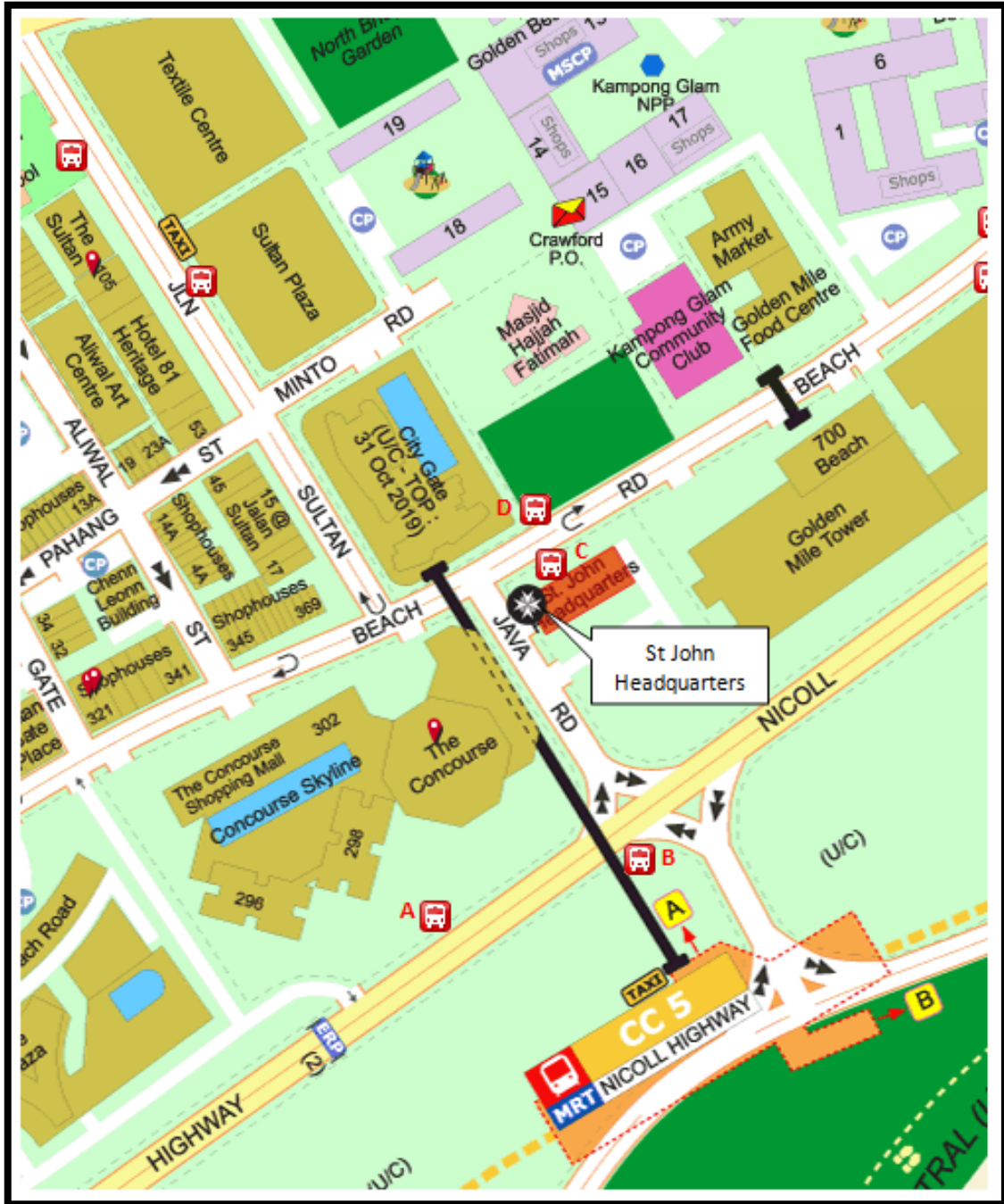
### St John Jurong Centre

Tel: (65) 6566 7903 / (65) 6566 1909

Fax: (65) 6569 5942

Email: [adminjc@stjohn.org.sg](mailto:adminjc@stjohn.org.sg)

St John Headquarters, 420 Beach Road Singapore 199582



**By Public Transport**

Bus Services

Bus Stop	SBS	SMRT
<b>A</b>	10, 14, 16, 70, 70M, 196	541, 547
<b>B</b>	10, 14, 16, 70, 70M, 196	541, 546, 547
<b>C</b>	100	-
<b>D</b>	100	961, 980

MRT

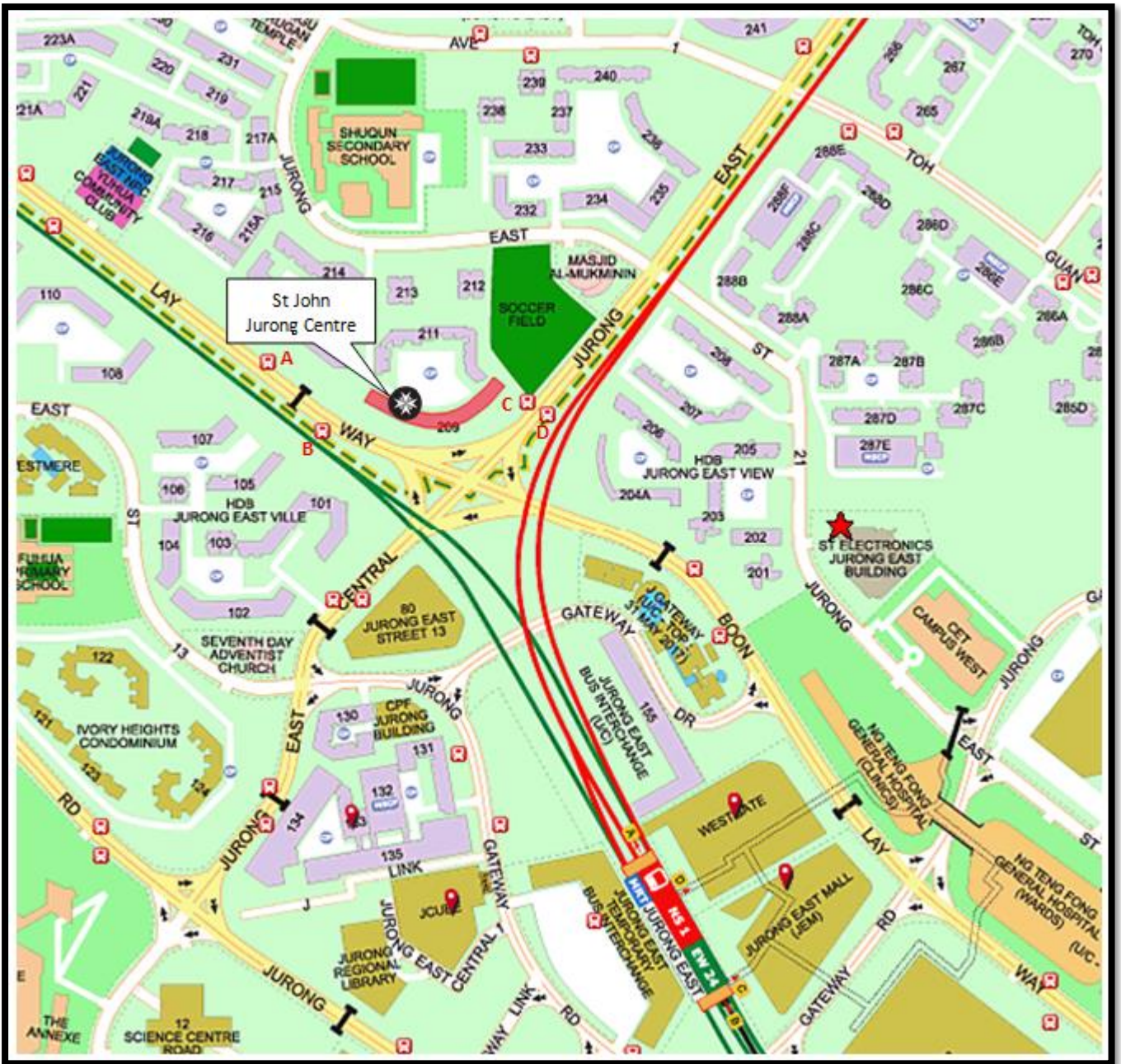
Nicoll Highway Station (CC5)

**By Own Transport**

Car park is available in St John Headquarters. Park fee is applicable.



**St John Jurong Centre, Blk 209 Jurong East Street 21 #01-357 Singapore 600209**



**By Public Transport**

**Bus Services**

Bus Stop	SBS	SMRT
<b>A</b>	99, 334, 160, 506	-
<b>B</b>	99,160, 334, 506	-
<b>C</b>	41, 52, 98, 98M, 105, 183B	176
<b>D</b>	41, 52, 98, 98M, 105, 183	176

MRT

Jurong East Station (NS1) (EW24)

**By Own Transport**

HDB public car park is available and parking fee is managed by electronic parking system.