

Standard First Aid Course (SFAC)



SFAC is a 17-hour course covering a myriad of first aid topics, from treating minor bleeding to emergency procedures such as Cardio-Pulmonary Resuscitation (CPR) and operating the automated external defibrillator (AED). Treatment techniques are taught through theory lessons, practical sessions, and case studies. SFAC is conducted in both English and Mandarin.

Accreditation

St John Singapore is accredited with the Singapore Resuscitation and First Aid Council (SRFAC) in the conduct of Standard First Aid Courses.

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

- 1) manage injuries like bleeding, burns and fractures;
- 2) manage conditions like choking, fainting etc.; and
- 3) perform 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 Validity

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

Course Duration

Full Course: 17 hours (inclusive of assessments) over 2 days from 8.30am to 6pm

Refresher Course: 14 hours (inclusive of assessments) over 2 days from 9am to 5pm.

Course Content

- Essentials of First Aid
- Unconscious Casualty (Non-Cardiac Arrest)
- Respiratory Problems
- Shock, Bleeding and Bandaging
- Musculoskeletal Injuries
- Burn Injuries
- Other First Aid Knowledge
- CPR+AED
- Theory and Practical Assessments

Course Fees

Full Course—S\$181.90*

Refresher Course—S\$155.15

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.
- 3) Self-sponsored participants may use Skillsfuture credits to pay for the course fees.

* SSG's subsidy is available for corporate enrolment for employees who are Singaporeans and PRs.

Course Venues and Contacts

St John Headquarters

420 Beach Road
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Fax: (65) 6296 5797
Email: firstaid@stjohn.org.sg

St John Jurong Centre

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Course Enrolment

At St John Headquarters click [here](#)

or use QR code:



At St John Jurong Centre click [here](#)

or use QR code:

