

**BE A HERO.
SAVE LIVES**

First aid is for everyone, everywhere

Mr Ambrose Lee, MA-IDT

Deputy Head, Singapore Red Cross Academy

Director for Curriculum & Research

Regional First Aid Instructor Trainer, IFRC

BCLS+AED Chief Instructor Trainer & Auditor, SRFAC

Mr Steven Tan

Senior Adjunct Instructor, SRCA

BCLS+AED Instructor Trainer, SRFAC



A customer suddenly collapses in front of your shop front...

You were at the back while your colleague is shocked with the situation...



WHAT WILL YOUR NEXT ACTION BE?

Out-of-Hospital Cardiac Arrest: 2016 data

What you should know?

2,503 OHCA cases in 2016

Bystander CPR
2011: 22%
2015: 54.1%
2016: 56.4%

Bystander AED
2011: 1.8%
2015: 4.1%
2016: 4.6%

DA-CPR
69%

SCDF Dispatchers provide guidance and instructions over the phone

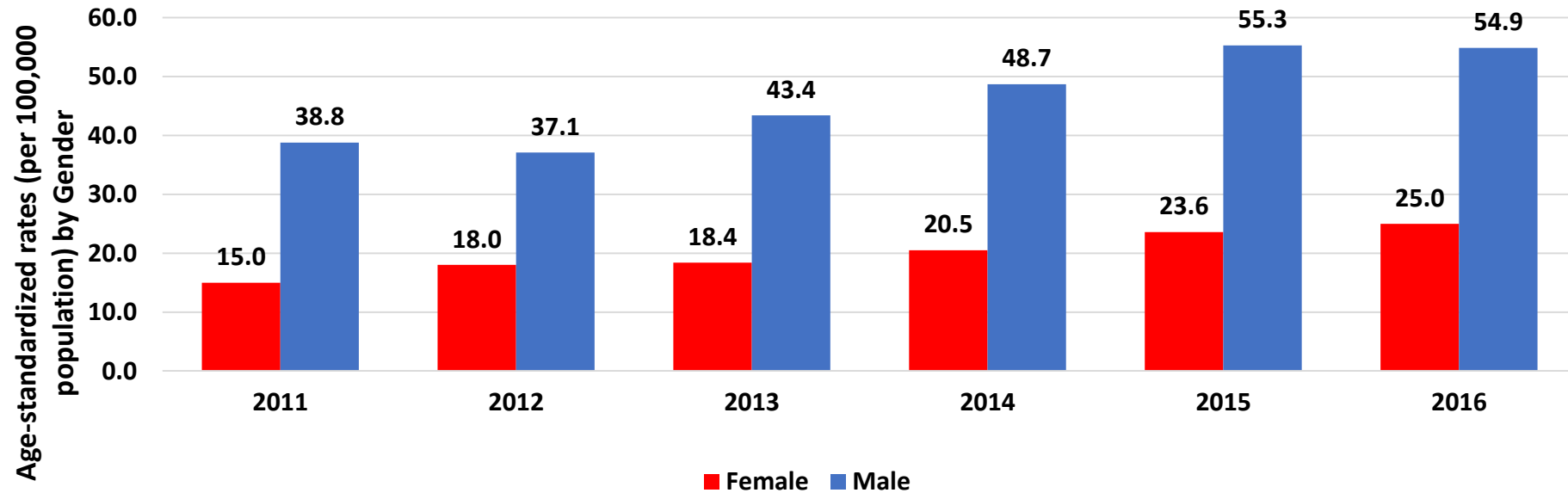
Residential
73.4%

OHCA occurs mostly in residential areas and in homes

Survival
6.5%

Of all 2,503 cases, 163 survivors 30 days or hospital discharge

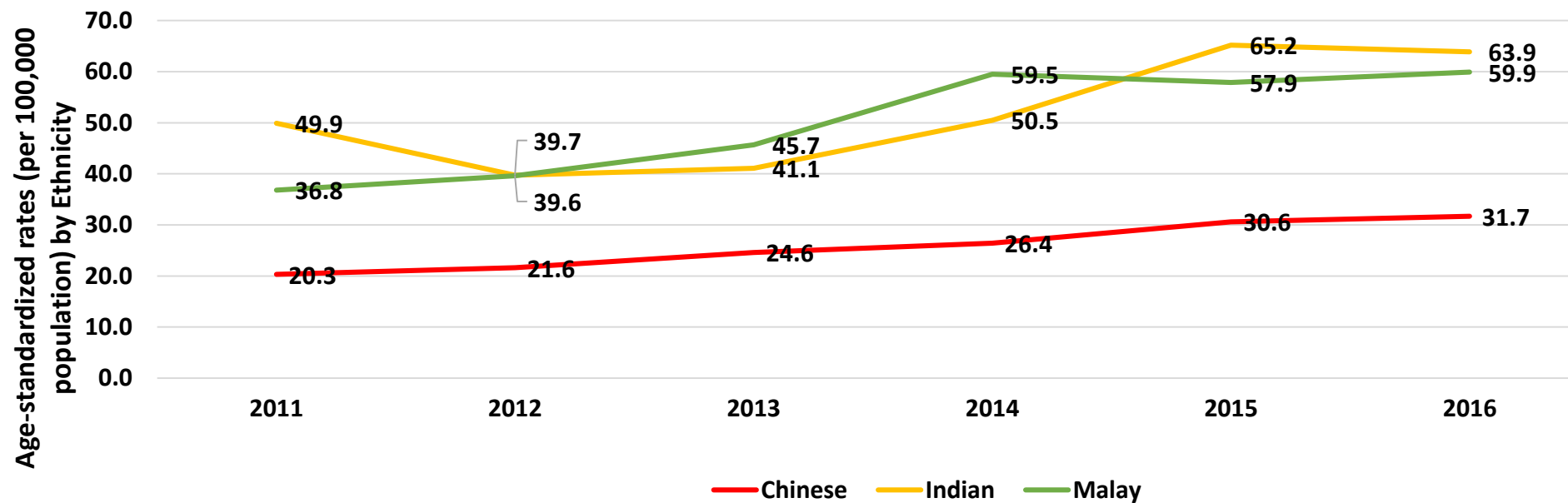
OHCA by GENDER



Incidence rates among females increased to 25 per 100,000 in 2016, up from 23.6 per 100,000 in 2015.

Incidence rates among males remained steady at 54.9 per 100,000 in 2016, slightly lower than 55.3 in 2015.

OHCA by ETHNICITY

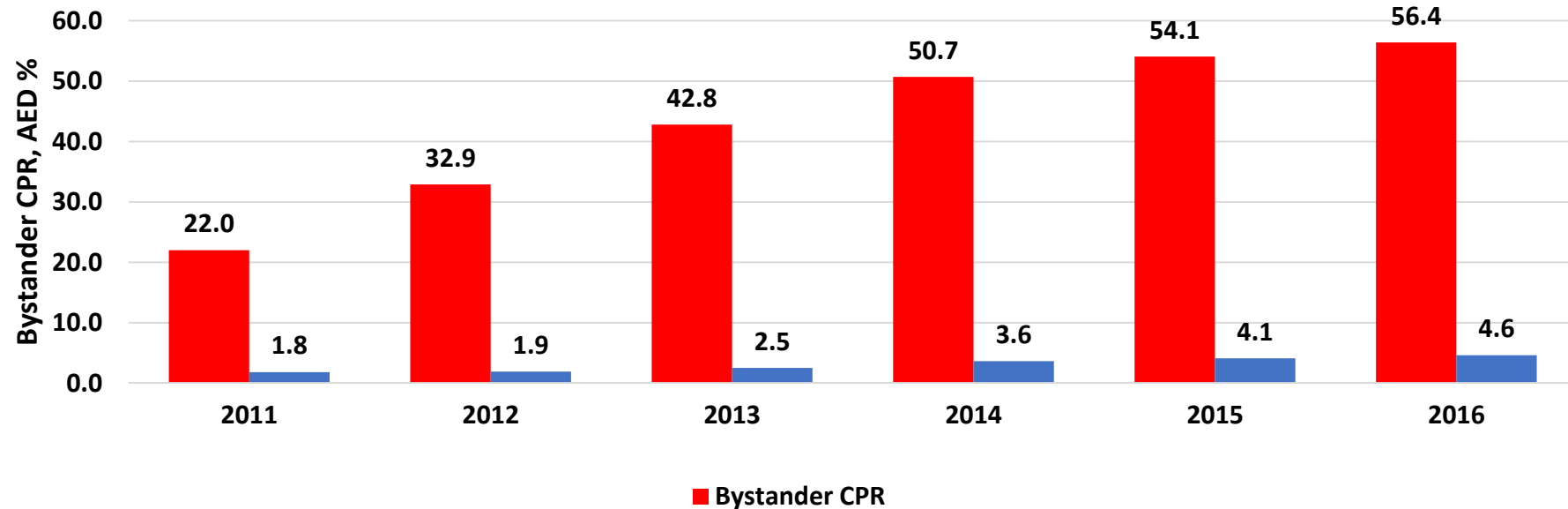


Chinese: rates increased to 31.7 from 30.6 in 2015.

Malays: rates increased to 59.9 from 57.9 in 2015.

Indian: rates dropped to 63.9 per 100,000 vs 65.2 in 2015.

Bystander Intervention: CPR+AED

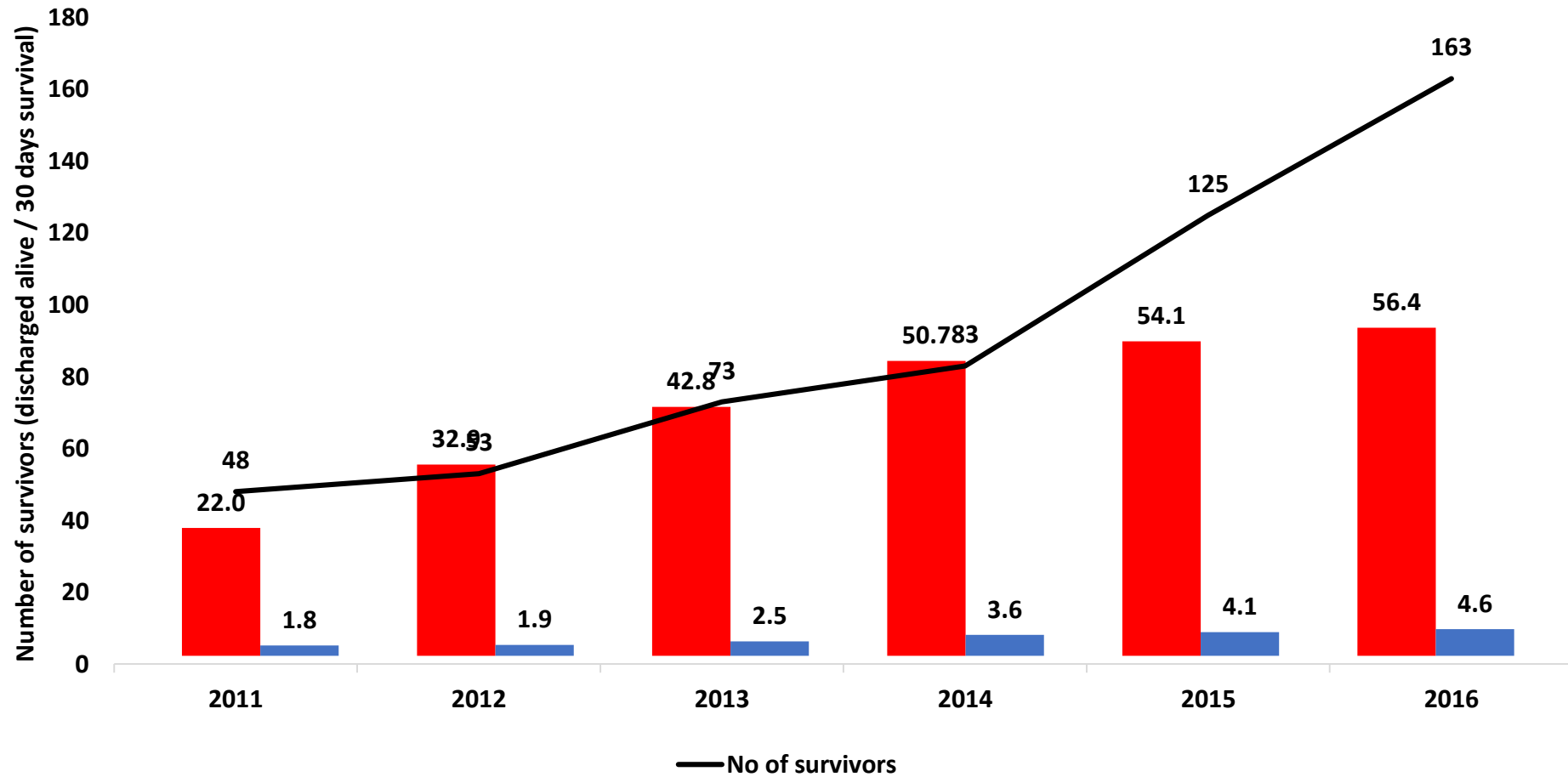


Bystander CPR rates increased to 56.4% in 2016, up from 54.1% in 2015.

The use of AED (and applied) in 2016 increased slightly to 4.6% from 4.1%.

Collective efforts resulted in 163 survivors in 2016, up from 125 in 2015.

Survival Rates



Statistics Courtesy of MOH UPEC

Quick-thinking secondary school girl saves traffic accident victim with CPR



NCDCC cadet Dimiy Qurratuaini's quick thinking and selfless act showed that age is no barrier to saving lives, said the SCDF. PHOTO: FACEBOOK/SINGAPORE CIVIL DEFENCE FORCE

Man who knew CPR saved friend's life



Mr Charleston Chua (left) collapsed after lunch three years ago and his friend Peter See performed cardiopulmonary resuscitation on him until the ambulance came. LIANHE ZAOBAO FILE PHOTO

~ Articles ~

Rex carries his "huge first aid kit" everywhere because of his passion to help others. As a volunteer Community First Responder, he has attended to over 20 cases through the [myResponder](#) app from the [Singapore Civil Defence Force](#) (SCDF).



An aspiration to serve: Rex is currently pursuing a Diploma in Nursing and is also a member of the Singapore Red Cross Society. PHOTO: Natasha Razak

2019
SEP
19



Putting first aid skills into practice, the day after



By Sondra Foo, Corporate Communications
Photos by Jacinth Toh, Corporate Communications

When Priya Choudhary first attended the first aid lesson with the Singapore Red Cross,

2017
AUG
15



Walking the talk








National AED Programmes

- SCDF installing AEDs in all public apartments near lifts
- National AED Registry



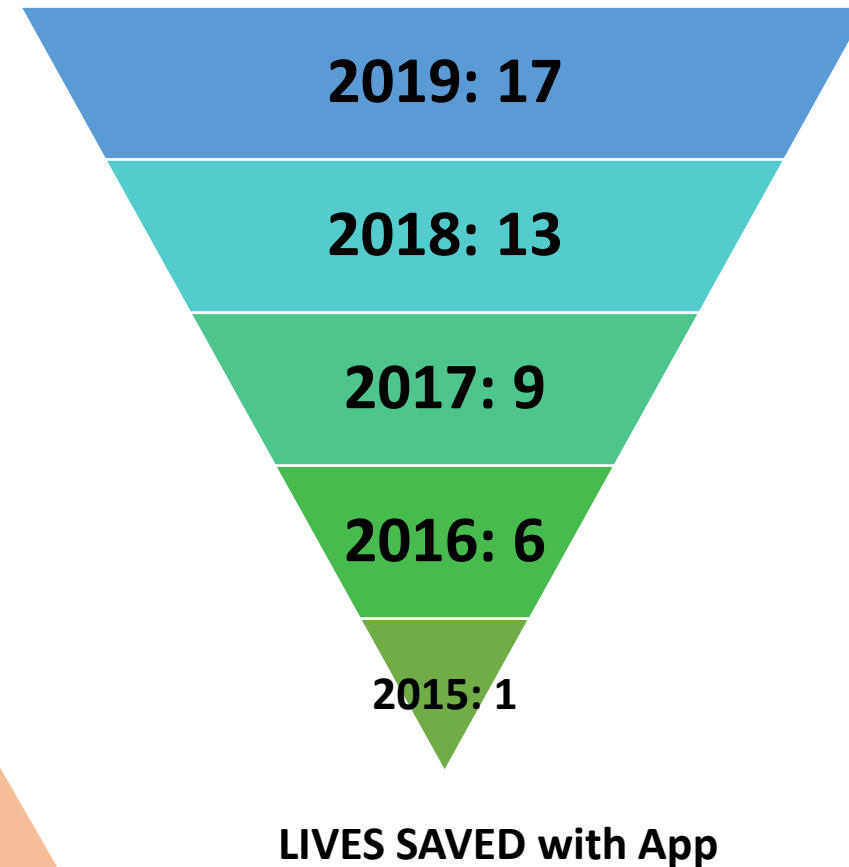
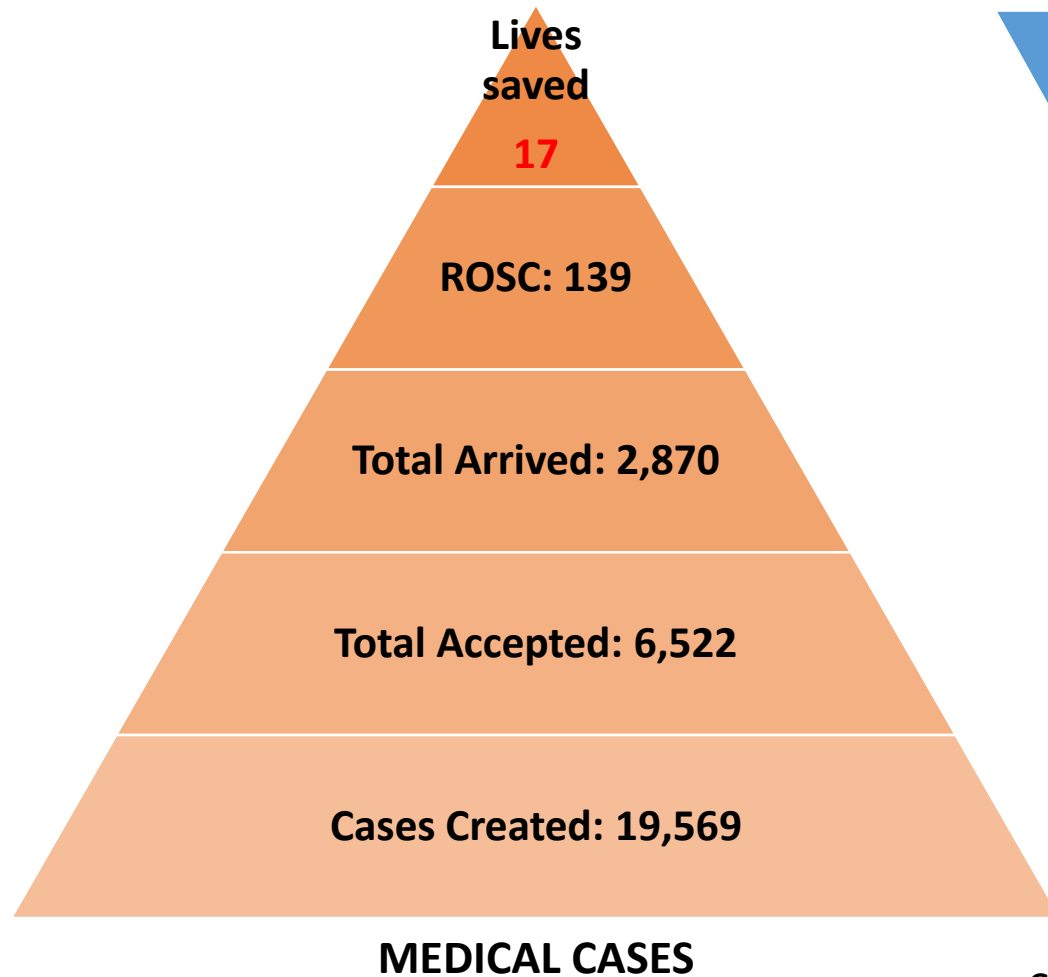
4 Years on ...



*estimated figures	1 st Year (Dec 2016)	Now (July'19)	
Total Users (cumulative)	12,248	46,239	
Avg no of cases	447	324	
Avg Responders Notified	1,354	3,522	
Avg Responders Accepted	96	220	
Avg Responders Arrived	49	97	

Statistics Courtesy of SCDF myResponder

Citizen First Responder Statistics (up till **July 2019**)



Statistics Courtesy of SCDF myResponder






FIRST AID QUESTION:

Q1. What are common medical emergencies at workplaces?

- Fainting
- Heat Injuries
- Burns
- Bleeding
- Sprains
- Fractures & Dislocations
- Breathing Emergencies
- Stroke
- Fits / Seizure
- Cardiac Emergencies

Q2. So...When do we call 995 for SCDF?

**When
to call
995 for
SCDF**

CATEGORY OF CASES	EXAMPLES	RESPONSE
LIFE-THREATENING EMERGENCIES	Cardiac arrest, unconsciousness, breathlessness, active seizure, major trauma and stroke.	Highest priority Fastest response Extra resources deployed 
EMERGENCIES	Severe allergy, emergency labour, head injury, bone fracture, asthma, elderly with chronic medical conditions and sick children.	High priority Fast response 
MINOR EMERGENCIES	Cut with bleeding, accident with bruising, swelling, mild injury and persistent fever.	Lower priority Slower response 
NON-EMERGENCIES	Constipation, chronic cough, diarrhoea and skin rash.	Emergency medical assistance not required Seek treatment at clinics or call 1777 for non-emergency ambulances

Names and identifying details in this video have been altered to protect the privacy of individuals. Any resemblance to actual persons, living or dead, or events is purely coincidental.



What are some roles you could play?

- Caller
- Responder
- Getting aid items
- Barricade
- Marshal
- Bystander
- “LIVE FEED”
- Media Influencer
- Any others???

Medico-Legal Concerns - Will I be sued for helping?



ASIAONE » NEWS » SINGAPORE

No need for Good Samaritan law in Singap



AsiaOne
Wednesday, Feb 15, 2012

There is no need to introduce Good Samaritan law in Singapore in the i no major liability concerns for those who act out of necessity to help a s Minister for Law Mr K Shanmugam.

SINGAPORE PARLIAMENT

No need for Good Samaritan law here: Indraneel Rajah



Written Answer by Minister for Law, K Shanmugam, to Parliamentary Question on the introduction of a Good Samaritan law in Singapore

14 Feb 2012 Posted in [Parliamentary speeches and responses](#)

Associate Professor Fatimah Lateef, Marine Parade GRC

Question

To ask the Minister for Law whether it is time to reconsider the appropriateness of introducing a Good Samaritan law in Singapore.

Answer

1. The honourable Member last raised this issue in 2008 with Professor S Jayakumar, then the Deputy Prime Minister and Minister for Law. Professor Jayakumar stated that there were no plans to enact such a law in the immediate future. The reasons given by him still apply today.
2. Good Samaritan laws have been enacted in other countries to address liability concerns.
3. In Singapore, there are no major liability concerns for Good Samaritans. Civil liability will generally not attach to a Good Samaritan who acts out of necessity, and with the care that can reasonably be expected of a person having his skill and experience. As for criminal liability, this generally requires malign intent, and will not attach to a Good Samaritan who acts in good faith.
4. There have also been no reported incidents where members of the public refused to render assistance because of liability concerns. In fact, we often see in the news examples of Singaporeans rendering help to strangers in need. Just recently, two joggers rescued a man from a suicide attempt at Bedok Reservoir.
5. It therefore remains our assessment that there is no need to introduce Good Samaritan legislation in Singapore. We will continue to study the experience of other jurisdictions and will review our position if the need arises.

HAND HYGIENE!



1
Palm to palm



2
Between fingers



3
Back of hands



4
Base of thumbs



5
Back of fingers



6
Fingernails



7
Wrists



8
Rinse and wipe dry

Foreign Body Airway Obstruction





Let's Review...

A customer suddenly collapses in front of your shop front...

You were at the back while your colleague is shocked with the situation...



WHAT WILL YOUR NEXT ACTION BE?

EMERGENCY ACTION PLAN

- Primary Survey (D R S A B C)
- Secondary Survey (S A M P L E)
- Recovery Position

PRIMARY SURVEY

Danger

Ensure environment is safe for the rescuer and casualty.

Response

Tap casualty's shoulders firmly and ask: "Hello! Hello! Are you OK?"

Shout for Help

If unresponsive: Get help from bystanders to call "995" for SCDF.

AED

- If there is another person around, ask him/her to get an AED.
- If alone, only get the AED if it is visible and nearby.

Breathing normally?

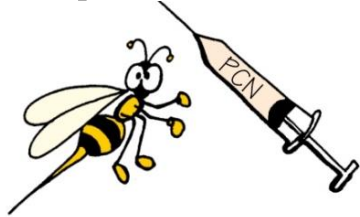
Look for the rise and fall of the chest for not more than 10 seconds.

Chest Compressions


- If not breathing normally or unsure, provide continuous chest compressions until:
- Paramedic takes over from rescuer.
 - AED arrives and analyses heart rhythm.
 - Casualty wakes up or regains normal breathing.


SECONDARY SURVEY


S Signs & Symptoms

A Allergies 

M Medications 

P Past medical history 

L Last meal 

E Events leading up to injury 

If the casualty is **conscious and breathing**, obtain information and history by using the acronym **SAMPLE**;

If the casualty is **breathing** and **not conscious** perform a detailed head-to-toe examination (using **CHECK** or **DOTS** method)

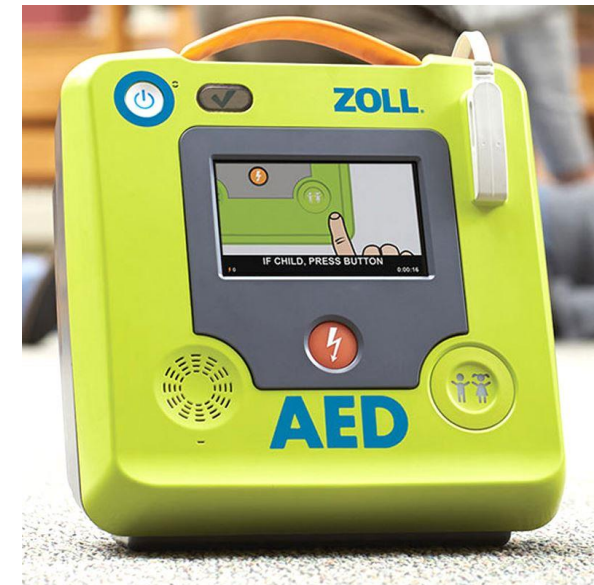
Monitoring the Casualty (AVPU)

Observe the casualty's **normal breathing** and **level of consciousness** as follows:

<u>A</u>lert Alert and oriented.	Able to respond to simple questions and give answers. Eyes are open.	Fully Conscious
<u>V</u>oice Responds to verbal stimulus.	Able to respond to voice by answering the questions or moving the head/body.	Semi-Conscious
<u>P</u>ain Responds to pain only.	Able to respond to pain. Move or squeal when pinched.	
<u>U</u>nresponsive	No response or movement.	Unconscious

AED Key Concepts

- **O**n the AED
- **P**repare the Chest
- **P**aste AED pads to specific locations
- **A**dminister Shock “if necessary”



Psychological First Aid



What you can expect during training...

Be it at Red Cross...or at your workplace...



What you can expect during training...



KEY MESSAGES



Increase Awareness via Workshops

- Bystander CPR
- Bystander AED



Stay Prepared via myResponder

- To increase survival rates
- Register after learning CPR+AED



Always Ready – Call to Action!

- Learn Skills to Save Lives
- National goal: First Aider in every home



SAVE A HEART

FREE* CPR+AED Workshop

Increase someone's chances of survival by performing CPR+AED within 6 minutes from a cardiac arrest.

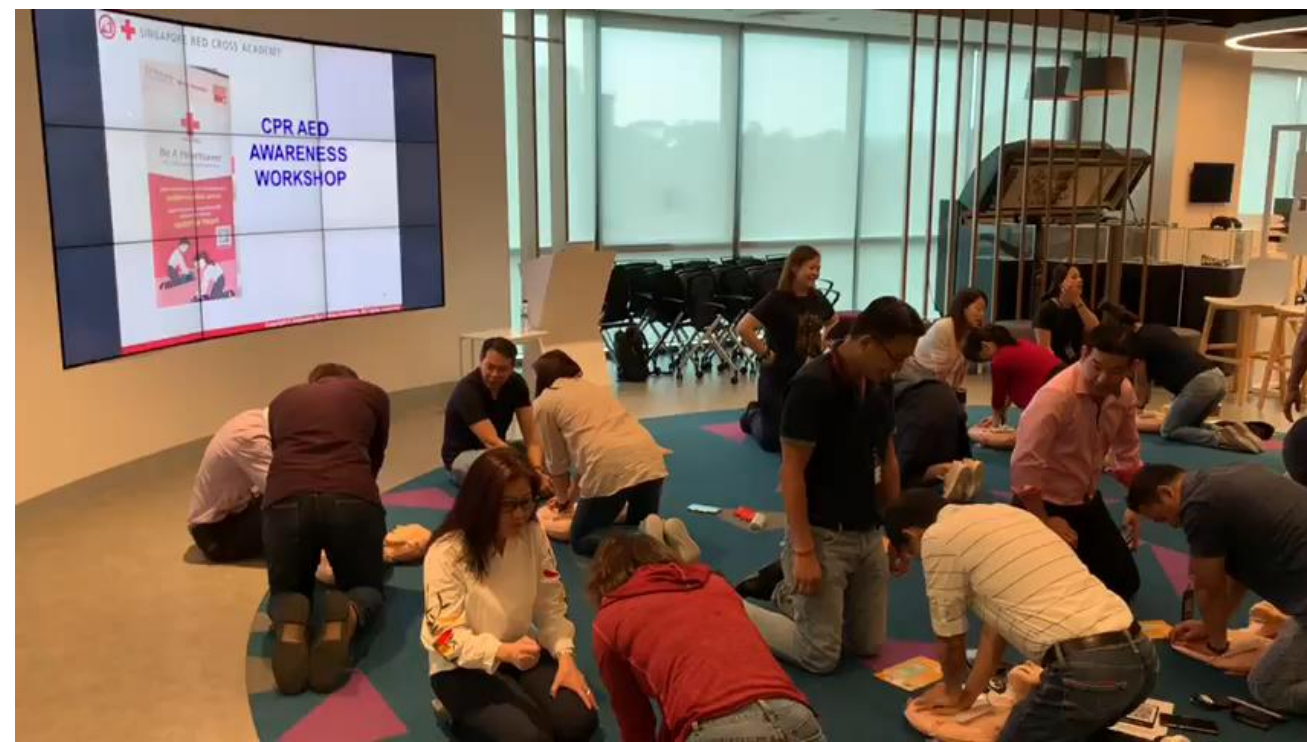
*Limited seats available. First come first served.



Be a Heartsaver
CPR + AED Awareness Workshop

TEMASEK
FOUNDATION
STAY PREPARED

HUMANITARIAN STUDIES
SINGAPORE
RED CROSS
ACADEMY



 Scan me



Ambrose Lee

ambrose.lee@redcross.sg



Which First Aid Course To Take?



I want to learn first aid.

