



EMERGENCY FIRST RESPONSE

Every breath you exhale contains 16% of unused oxygen. By giving somebody the “kiss of life”, the 16% oxygen is critical to sustain a victim’s life and to recover from irreversible brain damage.

By learning proper techniques for rescue breathing and cardio pulmonary resuscitation, you can help somebody in need. Why not?

This course teaches you to follow the same emergency procedures used by paramedics and doctors in applying CPR and First Aid, but on a layperson’s level.

You’ll be presented with the most up-to-date medical information in a low stress environment so that you’ll effectively develop your skills, knowledge and confidence. You’ll also be watching video segments to enhance your learning.

Visuals combined with practice with a manikin and your classmates will strengthen recall in actual emergencies.

You do not need to be a diver to enroll in the EMERGENCY FIRST RESPONSE program. It is an equally useful course for everyday land emergencies.

Prerequisite certification:	none
Minimum age:	none
Duration	6 to 12 hours
Cost	SGD 250 for 1 pax SGD 220 for 2 pax SGD 190 for 3 pax SGD 160 for 4 pax or more (up to 6 pax max)

Includes:

- 1) EFR manual
- 2) Video session
- 3) Demonstration and practical sessions
- 4) EFR certification card valid for 2 years