

# RESCUE 995

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE

HAPPY 2016!

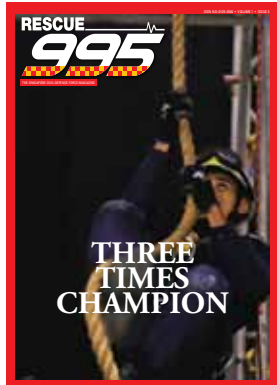


# THREE TIME CHAMPION

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Picture (above): (Left to Right) SSG Lee Jung Hong, SGT Ng Kok Thye and CPL Syazwan

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**THIS WAY PLEASE!**



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**TAXI! TAXI! PASS ME AN AED!**



Picture (above): Mr Mohamed Arshad Mohamed Shariff was one of the 100 taxi drivers who signed up for the AED on Wheels programme.

## GET IN TOUCH

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# Editor's Note:

As the year draws to a close, it also makes the perfect opportunity for us to reflect on what we have accomplished over the past 12 months.

2015 has definitely been a very meaningful year for the editorial team of Rescue 995 as we had the opportunity to put together two special issues that were filled with impactful and touching stories.

In April 2015, we launched the "Thank You for Serving" issue that featured the good work of our Civil Defence Auxiliary Unit volunteers. These volunteers, who have a passion in saving lives, narrated how they balance between their full-time job and volunteer work. They enjoy serving the community during their free time and doing so gives them joy and great satisfaction.

In October 2015, we published another special issue to commemorate the 25 years of service by our elite Disaster Assistance and Rescue Team (DART). The journey of writing this issue was highly memorable. We had the opportunity to speak to many SCDF personnel who have been deployed for Operation Lionheart missions before. One thing I have learned from them is that the intuition to help those in distress is an innate one. It is a desire that comes from the heart and despite the distances that we have to travel or the differences in nationalities, it is only human to lend a helping hand to another fellow human being.

The same principle came into action when Fireman Lee Siu Kei, Senior Station Officer Li Wai Ming, Fireman Lee Ka Fai and Principal Ambulance-man Ng Yu Ming from Hong Kong Fire Service Department (HKFSD) offered their assistance to a member of public who had fallen and hurt himself in a restaurant at Bayfront Avenue. These HKFSD emergency responders were in Singapore to take part in the 2015 Singapore-Global Firefighters and Paramedics Challenge

(SGFPC). Who would have expected them to respond to an emergency in Singapore, together with Clement Low, a local Community First Responder?

Speaking of SGFPC, it has always been the signature SCDF event of the year. It is not only a time when emergency responders from different countries come together to battle it out at the arena but is also an excellent opportunity for them to exchange knowledge and expertise in the area of search and rescue. The latter inevitably contributes to the greater good of the world. The buzz about SGFPC 2015 was also Josh Caddy's return for yet another round of Braveheart competition against our three-time Champion, SSG Azmir Ali from DART.

More recently, we were also involved in the Shelter Open House 2015 that took place at three MRT Stations namely, Beauty World, Tan Kah Kee and Bukit Panjang. If you can still recall the interview that we did with our former Commissioner Mr Amerasinghe Selwyn Terrance, he mentioned that he would hide behind rice sacks or jump into a drain whenever there was a bomb raid during the Japanese Occupation in Singapore. Having learned from the lessons of World War II, Singapore today ensures that our people are protected and knows what to do during a National Emergency. This Shelter Open House is one example. It allows members of the public to view our shelter facilities and acquire lifesaving knowledge and skills.

On behalf of the Editorial Team, I would like to wish you a Happy New Year!

We have already set a few New Year resolutions for Rescue 995. How about you?



**Michelle Lim**  
Editor, Rescue 995  
Public Affairs Department

# ONLINE CONTENTS

— [facebook.com/SCDFpage](https://facebook.com/SCDFpage)




**Singapore Civil Defence Force**  
50,827 likes

**Singapore Civil Defence Force**  
12 December at 07:21am

No matter where you are, no matter the distress you are in, remember.. the Force will be with you, always..

..and no, if you did not manage to get tickets for tonight's premiere, it's NOT an emergency.

#TheForceAwakens  
#TheLifeSavingForce  
#ANationofLifesavers  
#995ForEmergenciesOnly



1,249 Likes, 18 Comments, 333 Shares

**Singapore Civil Defence Force**  
21 November at 16:03am

It's been a week since the Home Team Festival and SGFPC 2015 came to a close. To all who dropped by to say hello or were involved in the SGFPC Challenges, we hope that you enjoyed yourselves tremendously and found the experience enriching and engaging.

We can't wait to see you again next year!

#ANationofLifesavers



385 Likes, 9 Comments, 31 Shares

**Singapore Civil Defence Force**  
11 November

Emergency responders from the Hong Kong Fire Service Department (HKFSD) and Community First Responder Clement Low helped an injured man at Bayfront Ave yesterday evening.


Fireman Lee Siu Kei, Senior Station Officer Li Wai Ming, Fireman Lee Ka Fai and Principal Ambulance-man Ng Yu Ming were on their way back to the Civil Defence Academy when they noticed that a member of public had fell and hurt himself. Without hesitation, they approached the casualty to check on his condition.

"There were many people crowding around an area. So we went towards the crowd because we knew that something was not right. That was when we noticed that a member of public had fell and hurt his head. As his head was bleeding, we helped him dress his wound before the arrival of the SCDF emergency responders", Senior Station Officer Li Wai Ming said.

We salute you, HKFSD!

Come meet the heroes from the HKFSD at our Singapore Global Firefighters and Paramedics Challenge 2015, at Expo Hall 2 on 13 and 14 November 2015.

Find out more at [www.sgfdc.org](http://www.sgfdc.org)



1378 Likes, 34 Comments, 28 Shares

# ONLINE CONTENTS

– *twitter.com/SCDF*



4,537 TWEETS | 2,888 FOLLOWING | 11.5K FOLLOWERS

[Follow](#)

**Tweets** | Tweets & replies | Photos & videos

**TheLifeSavingForce** @SCDF • Nov 9

@richardmarx may be here for one night only, but wherever you go, whatever you do, we will be right here waiting...for your 995 call

27 RETWEETS | 12 LIKES

**Tweets** | Tweets & replies | Photos & videos

**TheLifeSavingForce** @SCDF • Oct 21

We can't wait for Marty and Doc to arrive in the DeLorean and see our Red Rhino!

16 RETWEETS | 10 LIKES

SCDF's rendition of 'Back to the Future'!

**Tweets** | Tweets & replies | Photos & videos

**TheLifeSavingForce** @SCDF • Nov 10

Modern. Distinctive. Compelling.

Launching on 14 November, at SGFPC 2015.

#ANationofLifesavers

16 RETWEETS | 6 LIKES

A pull-out poster of the latest 5th Generation Light Fire Attack Vehicle can be found on page 18!

**Tweets** | Tweets & replies | Photos & videos

**TheLifeSavingForce** @SCDF • Nov 14

3rd SCDF Division claimed the championship for the Singapore Challenge. Well done Falconites!

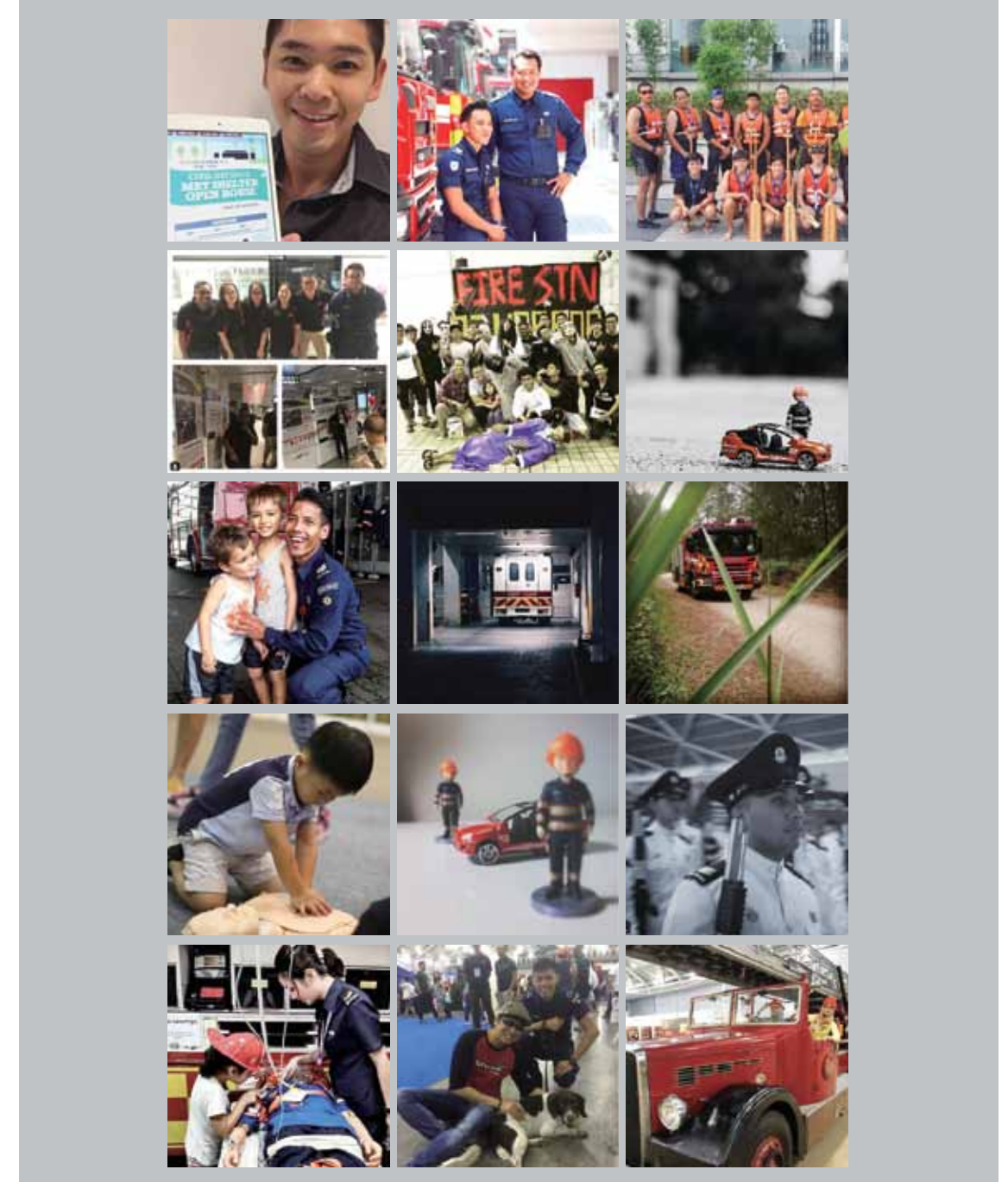
10 RETWEETS | 10 LIKES

# ONLINE CONTENTS

– *Instagram #ANATIONOFLIFESAVERS*



## Instagram





50,000



From paying tribute to our pioneers in the SG50 Gala Dinner and National Day Parade Vintage Contingent to marking our achievements such as attaining the Singapore Quality Award with Special Commendation, we had an eventful Golden Jubilee in the year of 2015.

It gives us great joy to end SG50 by reaching 50,000 Facebook likes! Miss Tini, our lucky 50,000th Facebook follower was presented with an exclusive model of the 1st Generation Red Rhino by Deputy Commissioner Jackson Lim.

To all our social media followers, THANK YOU for your support throughout these years.

# VOICES FROM THE HEART

*Excerpt from letters and email compliments which the SCDF has received from members of the public*

The SCDF Drill Exercise that was conducted at Paragon was a great success. The initiative was also a very meaningful one.

Even though this was just a simulation, we witnessed for ourselves the commitment of your officers and the great lengths of effort that they have put in to tackle the different scenarios. It was no doubt that the entire Exercise was organised and well conducted. I would like to convey my special thanks to your officer, Matthew Chua, for his understanding and cooperation with our security teams.

*Samuel Wong*  
*SPH Retail Property Management Services Pte Ltd*

I called for an ambulance as my sister was very sick. SGT Hashim, SSG Naomi and LCP Peng Chuan from Bukit Batok Fire Station, who attended to my sister were very professional, caring and friendly throughout the entire incident. I am grateful to all of them for their patience and I hope that they will continue to keep up the good work.

*Lee Guat Eng*



*Picture: (Left to Right) SSG Lee Jung Hong, SGT Ng Kok Thye and CPL Syazwan*

The paramedics who attended to my brother were very calm even though my brother was suffering immense pain. One of them even put in the effort to distract my brother in a friendly and easy-going manner while informing him how the paramedics were going to treat him. It did definitely put my brother at ease as he started giggling even though he was still in pain.

**The credit goes to your team of paramedics!**

*Syuhaidah Asmi*

I would like to express my heartfelt gratitude to SGT Hidayat and SGT Nasir from Jurong Fire Station for making our fire station visit a memorable one! The kids got their hands wet when playing with the nozzles and they even had the chance to witness the Unmanned Firefighting Machine in action! The kids were amazed and they are already looking forward to their next visit.

Thank you so much for the warm hospitality and awesome experience.

Well done!

*Md Syahril Bin Ramli*

SSG Aqbar, SSG Jason and LCP Jan Paul from Ang Mo Kio Fire Station attended to me when I was experiencing breathing difficulty. They are very professional and helpful. I am very grateful for their services and it is very reassuring to know that we have such a knowledgeable team of specialists taking care of us when in times of need.

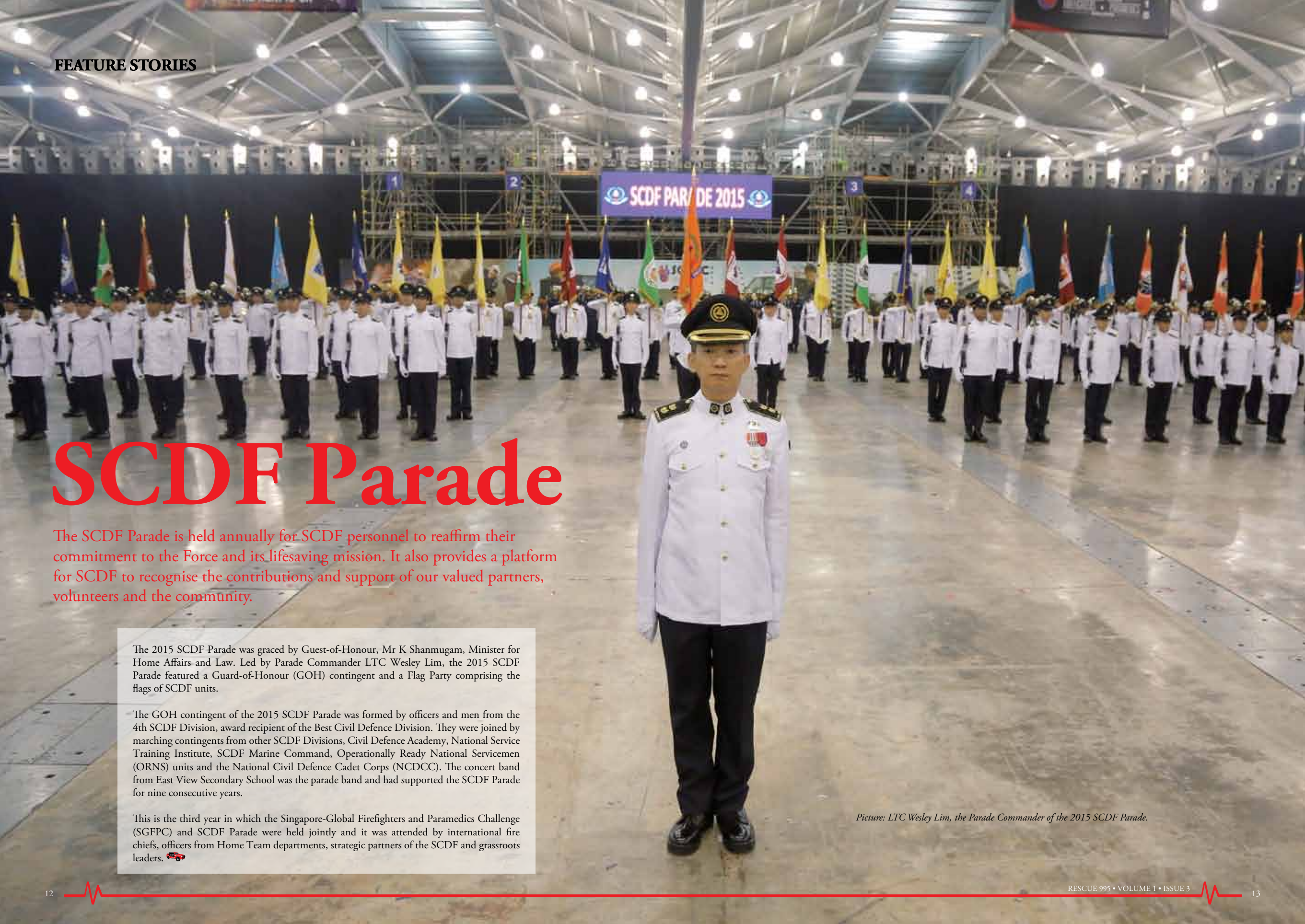
*Lok Jian Ming*

On behalf of the Hong Kong delegation and the Hong Kong Disaster Medicine Association, I would like to thank you for the kind arrangements made for the visit at the Civil Defence Academy, SCDF Operations Centre and Paya Lebar Fire Station.

It was a very pleasant trip and all members of the delegation commented that it was a very well-organised programme that showcased the emergency response in Singapore. We would like to express our special thanks to COL (Dr) Ng Yih Yng and MAJ Mustaffa Sidek for their hospitality and willingness to share their expertise. Our delegation has definitely gained new experiences and insights in this field of specialty after the visit.

Once again, thank you for having us and we look forward to having another exchange opportunity with you.

*Dr Jonathan Wai*  
*Chairman, 5th Executive Committee*  
*Hong Kong Disaster Medicine Association*



# SCDF Parade

The SCDF Parade is held annually for SCDF personnel to reaffirm their commitment to the Force and its lifesaving mission. It also provides a platform for SCDF to recognise the contributions and support of our valued partners, volunteers and the community.

The 2015 SCDF Parade was graced by Guest-of-Honour, Mr K Shanmugam, Minister for Home Affairs and Law. Led by Parade Commander LTC Wesley Lim, the 2015 SCDF Parade featured a Guard-of-Honour (GOH) contingent and a Flag Party comprising the flags of SCDF units.

The GOH contingent of the 2015 SCDF Parade was formed by officers and men from the 4th SCDF Division, award recipient of the Best Civil Defence Division. They were joined by marching contingents from other SCDF Divisions, Civil Defence Academy, National Service Training Institute, SCDF Marine Command, Operationally Ready National Servicemen (ORNS) units and the National Civil Defence Cadet Corps (NCDCC). The concert band from East View Secondary School was the parade band and had supported the SCDF Parade for nine consecutive years.

This is the third year in which the Singapore-Global Firefighters and Paramedics Challenge (SGFPC) and SCDF Parade were held jointly and it was attended by international fire chiefs, officers from Home Team departments, strategic partners of the SCDF and grassroots leaders.

*Picture: LTC Wesley Lim, the Parade Commander of the 2015 SCDF Parade.*

# Singapore-Global Firefighters and Paramedics Challenge 2015

2015 marks the third year of the Singapore-Global Firefighters and Paramedics Challenge (SGFPC). Held in conjunction with the Home Team Festival 2015, a fitting occasion to celebrate all Home Team Departments' achievements collectively as a family, the SGFPC 2015 saw the participation of more than 500 local and international participants.

While a span of three years may sound like the SGFPC is still at its nascent stages, this event actually evolved from the humble Civil Defence Skills Competition that was first organised in 1993 at the SCDF National Service Training Institute.

Then, its objective was to enable SCDF ground units to raise their emergency response skills and promote unit camaraderie through competitions involving fire, rescue, Hazardous Materials mitigation and trauma management scenarios. Since its inaugural run in 1993, the Civil Defence Skills Competition gradually grew in scale when it began to involve international participants from other fire and rescue services to share their skills, knowledge, experience and expertise and to foster closer ties among the civil defence and fire rescue fraternity.

In 2012, the Civil Defence Skills Competition was renamed and rebranded to become the SGFPC. Unlike the Civil Defence Skills Competition, the SGFPC is held at a public venue and together with the SCDF Parade.

The participants include overseas fire and emergency responders, SCDF's rescuers from the elite Disaster Assistance and Rescue Team (DART), firefighters and paramedics, Operationally Ready National Servicemen (ORNSmen) and members from the community such as the Community Emergency Response Teams, Company Emergency Response Teams, National Civil Defence Cadet Corps (NCDCC) and Civil Defence Lionhearters.

*Picture: SSG Azmir Ali battling it out during the SGFPC Braveheart Challenge.*



# Singapore-Global Firefighters and Paramedics Challenge 2015

## FEATURE STORIES

### Challenges

The SGFPC 2015 consists of three categories of competition namely, the Global Challenge, Singapore Challenge and Public Challenge. Under the Global Challenge category, participants from international fire and rescue services would pit their firefighting and rescue skills against one another in a series of gruelling yet exciting competitions. This year, 15 organisations from 13 countries participated in the Global Challenge category.

One of the most exciting challenges under the **Global Challenge** category is the signature flagship 'Braveheart Challenge' competition. This flagship event is designed to test participants' strength, agility, firemanship and physical endurance to complete a series of challenges in the shortest time. SSG Azmir Ali from the SCDF took home the championship title for the third time in a row with a record timing of five minutes and thirty five seconds! Battling against him was the first runner-up Mr Josh Caddy from Western Australia Department of Fire and Emergency Services and second runner-up Officer Chang Ying-Hsi from National Fire Agency. Mr Josh Caddy has also become a familiar name as this was the second consecutive year that he had participated in the Braveheart Challenge. His first competition was during the 2014 SGFPC where he had also clinched the second place in the competition.

The **Singapore Challenge** category was represented by SCDF emergency responders and ORNSmen from all 4 SCDF Divisions. They competed in various highly demanding scenario-based competitions related to firefighting, rescue, medical emergencies and HazMat incidents. In the SGFPC 2015, 3rd SCDF Division took home the Championship title for the Singapore Challenge category, with 2nd and 4th SCDF Division came in second and third places respectively.

The **Public Challenge** comprised community games involving the Community Emergency Response Teams, Company Emergency Response Teams, students from NCDCC and Civil Defence Lionhearer Clubs as well as representatives from the Private Ambulance Operators. The competitions involved the teams utilising skills to carry out In-Place-Protection procedure, basic firefighting using fire extinguishers and first aid treatment.



*Picture: Final four contestants of the Braveheart Challenge – (left to right) Officer Chang Ying-Hsi from Taiwan National Fire Agency (3rd place), Mr Josh Caddy from Western Australia Department of Fire and Emergency Services (2nd place), SSG Azmir Ali (1st place) from SCDF and from Senior Station Officer Lee Wai Ming from Hong Kong Fire Services Department (4th place).*

### An Overview of the Braveheart Challenge Timings

2013	
	Singapore Civil Defence Force (DART)
Timing	0:08:16
	Jakarta Fire & Disaster Management Department
Timing	0:09:38
	London Fire Brigade
Timing	0:10:57

2014	
	Singapore Civil Defence Force (DART)
Timing	0:06:14
	Western Australia, Department of Fire and Emergency Services
Timing	0:06:16
	Hong Kong Fire Services Department
Timing	0:06:58

2015	
	Singapore Civil Defence Force (DART)
Timing	0:05:35
	Western Australia, Department of Fire and Emergency Services
Timing	0:05:49
	Taiwan National Fire Agency
Timing	0:06:14





# The LATEST 5<sup>th</sup> Generation Light Fire Attack Vehicle

## FEATURE STORIES

Equipped with medical equipment such as an Automated External Defibrillator (AED), oxygen cylinder with regulator and blood pressure set, the 5th Generation Light Fire Attack Vehicle (LF5G), more affectionately known as the Red Rhino, is the first SCDF vehicle capable of responding to both fire rescue and medical incidents. The LF5G is configured to seat a crew of five, including a Fire Response Specialist-Emergency Medical Technician (FRS-EMT) who is versatile and well-trained to mitigate fire and rescue incidents as well as manage emergency medical cases.

The vehicle design is modern, distinctive and compelling to facilitate maximum performance even in the most challenging conditions. Ergonomically, through user-centric design, the cabin space has been improved to allow for rapid, yet safe egress of the firefighters from the vehicle upon arrival at an incident site.

The LF5G is also equipped with a fully-integrated Compressed Air Foam (CAF) pump system. The CAF technology is a breakthrough in fire mitigation as it extinguishes fire four times faster than water while using 70% less water, thereby effectively minimising water damage to property during firefighting operations.

Winner of several innovation awards, the Red Rhino has proven to be highly effective in tackling fires involving vehicles or residential units and in managing rescue incidents. The LF5G continues to be the first compact urban fire fighting vehicle in the world. 🚒



# The LATEST 5<sup>th</sup> Generation Light Fire Attack Vehicle



Picture: (Back Row) Mr Said Faisal (Executive Director, AHA Centre), Mr Kobchai Boonyaorana (Deputy Director-General, Department of Disaster Prevention and Mitigation, Thailand), Mr Bernadus Wisnu Widjaja (Deputy Head of Prevention and Preparedness, National Disaster Management Authority, Indonesia), Mr Romeo F. Fajardo (Deputy Administrator, Office of Civil Defence, Philippines), Col (R) Pengiran Dato Paduka Hj Rosli (Director, National Disaster Management Centre, Brunei Darussalam), Ms Dam Thi Hoa (Vice head of Science and International Cooperation Division, Vietnam) and Mr Vilayphong Sisomvang (Deputy Director-General, Social Welfare Department, Lao PDR). (Front row) H.E. Ross Sovann (Deputy Secretary-General, National Committee for Disaster Management, Cambodia), H.E. Dr Surin Pitsuwan (Former ASEAN Secretary General), H.E. Le Luong Minh (ASEAN Secretary General), Mr K Shanmugam (Minister of Home Affairs and Law), Comr Eric Yap, Mr Vongthep Arthakaivalvatee (Deputy ASEAN Secretary General) and H.E. Ong Keng Yong (Former ASEAN Secretary General).

Director of the AHA Centre shared that “this is the first time that the ACDM has organised the AADMER Strategic Policy Dialogue. The objective of this dialogue is to provide a platform for ASEAN member states to come together to discuss about the anticipated and unanticipated risks that ASEAN may be faced with. Through this dialogue, ASEAN member states can work together towards a common agreement on the possible solutions.” He added that “the biggest challenge for the future in disaster management is the unknown risks that may be caused by ongoing issues such as climate change. As such, it is important to keep such dialogues a regular one.”

Held at the Mandarin Orchard Hotel on 2 November 2015, Mr K Shanmugam, Minister for Home Affairs and Law, stated in his opening address that the landscape of humanitarian assistance in disaster management is one that is constantly evolving and requires a sustained collective effort by all ASEAN Member States. Regular interactions and discussions such as the AADMER dialogue among ASEAN Member States would help to advance humanitarian assistance and disaster response to a new level.

The event, initiated by the SCDF and the ASEAN Secretariat, was attended by more than 70 officials from the various ASEAN Member States, including the Secretary-General of ASEAN, Mr Le Luong Minh and former Secretary-Generals of ASEAN.



The 10 ASEAN Member States are Brunei Darussalam, Cambodia, Laos PDR, Philippines, Malaysia, Myanmar, Indonesia, Singapore, Thailand and Vietnam.

# Beyond a Five Year Relationship

The ASEAN Agreement on Disaster Management and Emergency Response (AADMER) came into force in December 2009 with the objective of establishing and enhancing regional cooperation in responding to disasters and reducing disaster losses in the region.

Since its establishment, the AADMER Work Programme has laid a strong foundation in enabling the ASEAN Member States to successfully implement several key initiatives, such as the establishment of the ASEAN Coordinating Centre

for Humanitarian Assistance on disaster management (AHA Centre) in November 2011. Since then, the AHA Centre has played an important role in coordinating responses from the ASEAN member states in several major disasters in the region.

With the conclusion of the five-year AADMER Work Programme in December 2015, the ASEAN Committee on Disaster Management (ACDM) organised the Post-2015 AADMER Strategic Policy Dialogue to chart the way forward for the next five years. Mr Said Faisal, Executive

CPT Tan Bang Xiang  
Media Relations Officer  
Public Affairs Department

# THIS WAY PLEASE!



Have you ever heard from the elderly about their war stories and how they would typically jump into drains or behind rice sacks to take shelter from bomb blasts? Since the end of World War II and with the independence of Singapore, numerous initiatives have been put in place to ensure that our citizens are prepared for National Emergencies. Leveraging on the lessons learned from our past, the Civil Defence shelters were introduced in August 1983.

Three years after the first Civil Defence shelters were built, the plan to embark on a national Shelter Construction Programme was announced in October 1986. This programme saw the successful establishment of shelters at the void decks of new HDB flats from 1987 onwards. By 1989, shelter construction was extended to other types of public premises such as new secondary schools,

community centres and government buildings.

It was not until 1997 that the Civil Defence Shelter Act came into operation where household shelters or storey shelters were also required to be provided in all new public and private residential developments. The Civil Defence Shelter Act requires

the owners or occupiers to maintain the public shelters during peacetime and in accordance with the technical specifications specified by the SCDF.

As Civil Defence shelters play a crucial role in ensuring the physical protection and psychological assurance to the population of Singapore during a National Emergency, the Civil Defence

Programme is being constantly revised so as to accommodate to the ever-changing security landscape. One example is the September 2012 revision of the Civil Defence shelters' protection specifications.

Besides the establishment of Civil Defence shelters and the efforts put in to ensure that that Civil Defence Shelter Programme remains relevant, SCDF has also held numerous Shelter Open Houses at selected Mass Rapid Transit (MRT) stations that are also public shelters since 2004.

On 12 and 13 December 2015, the shelter open house was held at three of the Down Line 2 MRT Stations, namely Bukit Panjang, Beauty World and Tan Kah Kee stations.

The key objectives of the Open Houses are to sustain public

awareness on the Civil Defence Shelter Programme and build public confidence in the protection and the use of MRT shelters. The Shelter Open House is also an opportunity to raise public awareness on the important roles played by SCDF ORNSmen from the SCDF Shelter Battalions and Civil Defence volunteers.

Apart from the opportunity to view the MRT Civil Defence shelter facilities, such as the entrance blast door, decontamination chamber, dry toilet system, water distribution points, the shelter command post and use of shelter management areas, close to 10,000 members of the public who attended the Shelter Open House also had the opportunity to acquire some lifesaving skills through the organised tours. The tours were conducted by the SCDF Operationally Ready National Servicemen (ORNSmen) and SCDF volunteers from



Picture: Mr Desmond Lee, Senior Minister of State for the Ministry of Home Affairs, demonstrating the CPR procedures at the Shelter Open House at Bukit Panjang MRT Station.



Picture: A SCDF personnel sharing with members of public on the procedures that will take place before anyone can enter the decontamination room of a MRT shelter during an emergency.

the Civil Defence Auxiliary Unit, National Civil Defence Cadet Corps and Civil Defence Lionhearters. At each exhibit, there were also audio-visual presentations on the key features of the MRT shelter and video footage of shelter exercises.

Mr Desmond Lee, Senior Minister of State for the Ministry of Home Affairs graced the opening ceremony of the Shelter Open House held at the Bukit Panjang MRT station on 12 December 2015. "This is a call out to all Singaporeans to pick up useful skills that can help themselves, their families, and their friends in the event of an emergency, as they wait for emergency services to arrive. For example – how to do CPR,

save a life, how to use an AED and basic firefighting skills. All these can make a difference," said Mr Desmond Lee.

MediaCorp artiste Julie Tan was also invited to the Shelter Open House held at the Bukit Panjang MRT station. She said that "It was definitely an invaluable opportunity for me to impart lifesaving messages and skills such as CPR methods to members of the public. It has been a very meaningful experience for me."

# SAVE-A-LIFE INITIATIVE



- Annually, more than 1800 Singaporeans suffer from cardiac arrest, of which only **3%** survive
- Every second matters as chances of survival drops by **7% to 10%** every minute without CPR intervention
- Bystander CPR is shown to increase survival rate by **2.2 times**

**So Let's Train to Save Lives Today!**



### Island-wide Installation of AEDs at Lift Lobbies

- Enhance Community Response in the residential heartlands
- 1 AED per 2 to 3 HDB blocks by 2018
- 6 Piloted Constituencies from August 2015
  - Bedok
  - Bukit Panjang
  - Choa Chu Kang
  - Pasir Ris West
  - Radin Mas
  - Tampines West



### Dispatcher-Assisted First Responder (DARE) Programme

- Learn and be familiar with essential CPR and AED skills in a 60-minute hands-on training session
- Come and sign up for the **DARE Programme** by contacting **6576 2643** or email **DARE\_programme@sgh.com.sg**



### myResponder Mobile App

- To improve survival rate of cardiac arrest victims via:
  - **EARLY ACCESS** with geo-location by 995
  - **EARLY CPR** by community first responders
  - **EARLY DEFIBRILLATION** with public AEDs

A Community Project By:





Look out for this sign on SMART Taxis!

# TAXI! TAXI! PASS ME AN AED!

You would typically hail, book or call for a taxi when you need to get from one place to another. Thanks to our friendly local taxi drivers, taxi passengers will no longer be the only people who will benefit from this service. At least 100 taxi drivers in Singapore are now also potential lifesavers with the launch of the SMRT-Temasek Cares AED on Wheels pilot programme.



Picture (by Home Team News): Mr Mohamed Arshad Mohamed Shariff was one of the 100 taxi drivers who signed up for the "AED on Wheels" programme.



### Automated External Defibrillator (AED)

An AED is a small portable electrical device that automatically analyses potentially life threatening cardiac rhythms in a patient and treats it by defibrillation – the application of an electrical shock, to allow the heart to re-establish normal rhythms.

Source: <http://www.myheart.org.sg/article/heart-safe-singapore/aed-registry/about/188>

The "SMRT-Temasek Cares AED on Wheels" programme was launched on 27 November 2015 at the SMRT Sports and Recreation Club. Graced by Minister Chan Chun Sing, Minister, Prime Minister's Office and Secretary-General of the National Trade Union Congress, "SMRT-Temasek Cares AED on Wheels" is led by SMRT Taxis and Temasek Cares, supported by the SCDF, Singapore Heart Foundation, National Fire and Civil Emergency Preparedness Council and the National Taxi Association.

Mr Desmond Kuek, SMRT President and Group CEO said that "given the distance and the area covered by our taxi drivers daily, they would be in an ideal situation to render

assistance as Community First Responders. The AED on Wheels programme is a meaningful initiative to equip our taxi drivers with the necessary skills and equipment to make a positive impact to the society and most importantly, save lives. In situations involving cardiac arrest, every minute counts."

The "SMRT-Temasek Cares AED on Wheels" is a three-year pilot programme involving 100 SMRT taxis with AEDs installed in their vehicles. These specially-equipped taxis will be mobilised to respond to cardiac arrest cases while plying the roads, as part an SCDF nationwide efforts to train the public as Community First Responders. It also increases the availability of AEDs in the community.



Picture (by Home Team News): Guest of Honour Minister Chan Chun Sing flagged off the SMRT taxis equipped with AED devices.

Mr Alan Loh, Chairman of National Fire and Civil Emergency Preparedness Council, explained that the SMRT – “SMRT–Temasek Cares AED on Wheels” programme complements the SCDF Save-A-Life initiative that was launched in August 2015. He said that “If someone has a cardiac arrest, the fastest response is actually the help from a bystander. The myResponder mobile app leverages on this ‘bystander effect’ by linking a network of trained community first responders who are able to respond quickly to cardiac arrest cases in the community by alerting them to the nearest available AEDs prior to the arrival of the ambulances.”

In the event of a sudden cardiac arrest, the SCDF 995 Emergency Call Centre will alert the participating taxi drivers through the myResponder mobile application to cardiac arrest cases that had occurred within 1.5 kilometers of their taxi’s

location. The taxi drivers would then have to confirm their availability through the mobile application before heading to the scene to quickly deliver an AED, thus helping to improve the chances of survival for the victim.

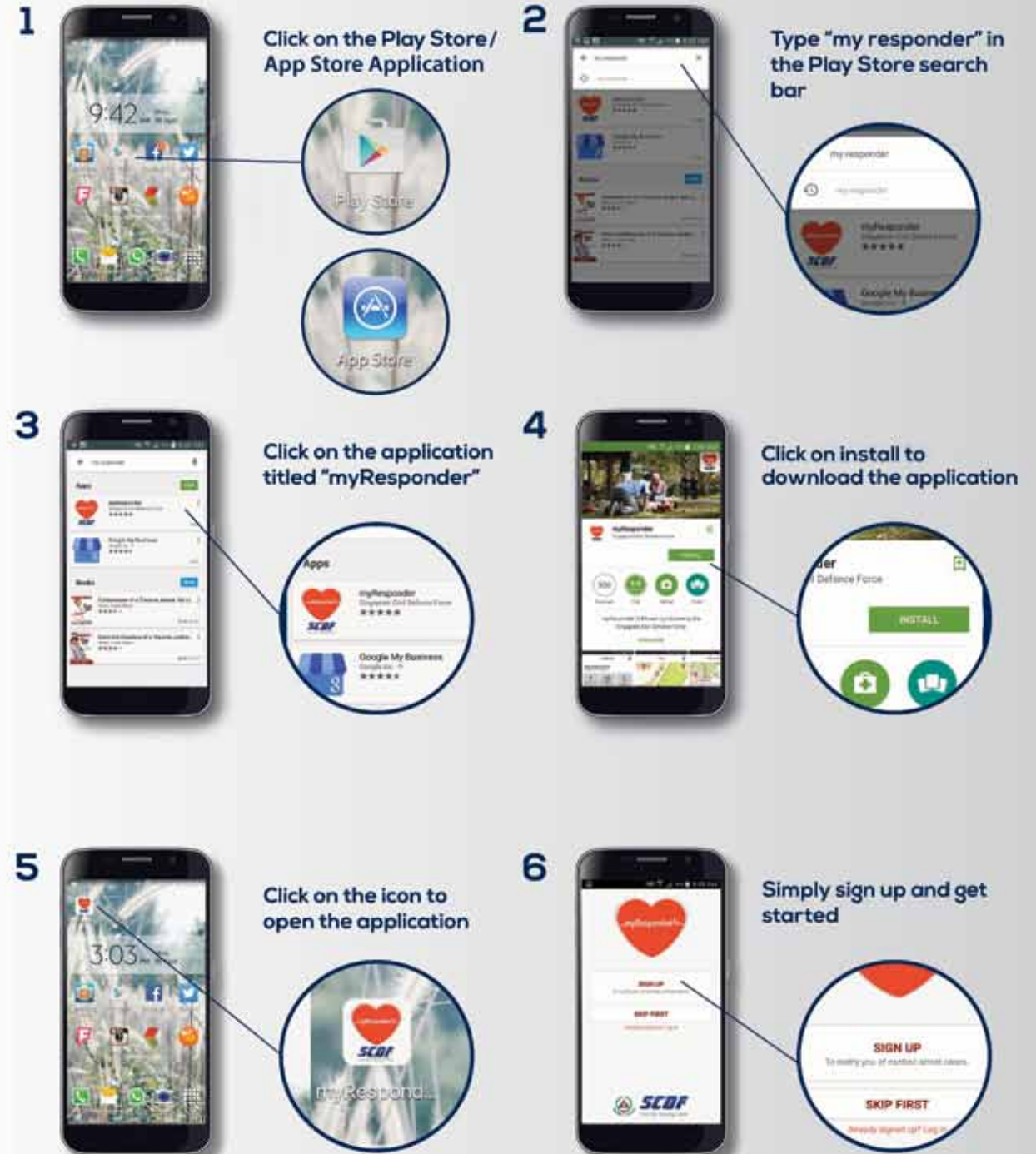
Other than just the delivery of the AEDs, these 100 SMRT taxi drivers have also been trained by the Singapore Heart Foundation to use the AED and perform Cardiopulmonary Resuscitation, commonly known as CPR on cardiac arrest victims.

We look forward to more taxi drivers and other public transport operators in Singapore joining such a noble programme so as to increase the number of community first responders in Singapore in making our city-state a Nation of Lifesavers. 🚗

# myResponder

The myResponder Mobile App is now available in both Android & iOS platforms.

If you are trained in CPR and AED, sign up at [www.raedi.sg](http://www.raedi.sg) and download the myResponder mobile application to be a Community First Responder!





# DUATHLON

SSG Francis Tan who represented the SCDF in the Singapore Civil Service Club Duathlon took home the Championship title for the Sprint Category.

SSG Francis Tan, a Search Specialist from the Search Platoon of the elite Disaster Assistance and Rescue Team, is an avid triathlete. He shares his experience with Rescue 995.

A stylized illustration of a duathlete in white gear running and cycling. The figure is shown in a dynamic, forward-leaning pose, with the bicycle wheel visible. The background features diagonal yellow and grey stripes and a splatter effect.

Champion



Duathlon is an athletic event that consists of a running leg, followed by a cycling leg and then another running leg in a format bearing some resemblance to triathlons. The International Triathlon Union governs the sport internationally.

Source: <https://en.wikipedia.org/wiki/Duathlon>

**Why did you take part in the Singapore Civil Service Club (CSC) Duathlon?**

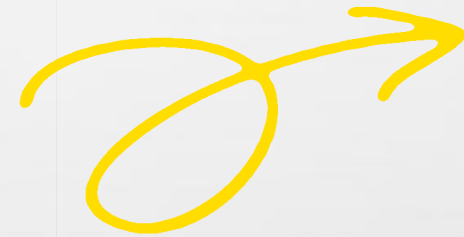
As a SCDF Multi-Sports Convener, I would usually look out for fun and sporting activities that our SCDF staff can take part in. The Singapore CSC Duathlon caught my attention and so I decided to take part in the Sprint Category. Of course, I also went with the intention of bringing back good results for SCDF and the Home Team.

**Is this your first time taking part in the Civil Service Club Duathlon?**

Yes, it is my first time and I had a lot of fun! The Sprint Category consists of a 5km run, 18 km bike course and 2.5 km run, one after another. It took place within the confines of East Coast Park and I must say that the choice of venue made the competition a lot tougher and challenging. Having taken part in many other similar races, I have to say that it was definitely a very well-organised race.

**How many of such races have you taken part in?**

Frankly, I have lost count on the number of such races I have taken part in but let me share with you some of the recent memorable ones.



*Singapore Civil Service Club  
Duathlon 2015 Champion,  
SSG Francis Tan*

In 2012, I represented SCDF in the World Fire Fighters Games Triathlon that took place in Daegu, South Korea. I have also completed the 70.3 Ironman Race in different countries including Malaysia, Philippines, Taiwan and most recently, Hawaii.

**Wow! Did you train prior to the Singapore CSC Duathlon?**

Yes, of course! It is important for all athletes to train before every race. This would prevent or at least minimise sports injuries. It would also allow you to gauge how to improve yourself so as to excel in the race.

Prior to the Singapore CSC Duathlon, I cycled twice a week and ran at least once weekly. Sometimes, it is not the frequency of your training that matters but the quality of the training. I am glad that all my efforts paid off.

**As the Champion, what went through your mind when you were at the finishing line?**

I felt elated when I was nearing the finishing line.

Well, I always view the races that I took part in as a personal challenge. What I mean is that I use these opportunities to challenge myself instead of competing against others.

**What are some of the challenges that you have faced during the race itself?**

It would be the heat. Perhaps, it does payoff to be a Singaporean since we are all so accustomed to our tropical weather!

**Tell us about your work at the SCDF K9 Unit.**

The nature of my work is slightly different from the rest of my SCDF colleagues. While it still requires me to save lives, I am usually surrounded by my K9 buddies instead of human colleagues. Haha!

My daily routine hovers between training the dogs, spending time with them during their exercise and play time as well as feeding and washing them. In fact, I spend a lot of my time training with my beloved K9 buddies! 🐕



**SCDF**  
The Life Saving Force



**TOGETHER**   
**A NATION OF LIFESAVERS**