CIVIL DEFENCE RESOURCE PACK

In Commemoration of
Total Defence Day



SCDF
The Life Saving Force
. . . for a safer Singapore

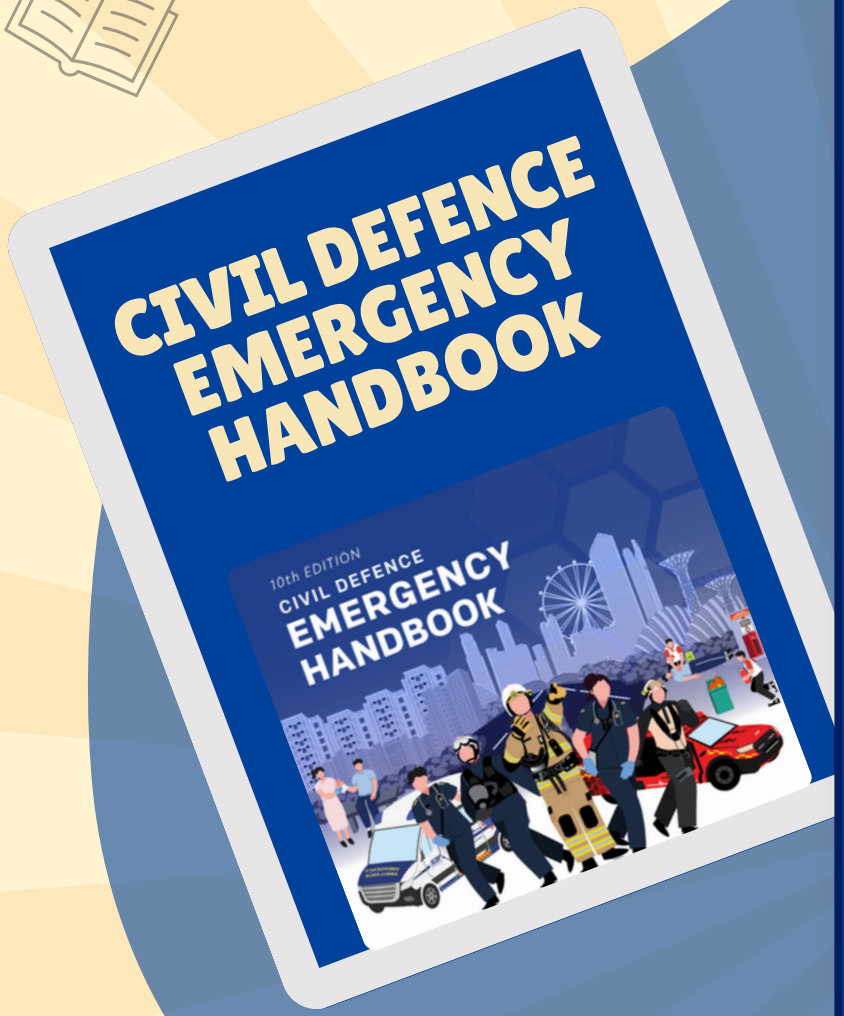


Hello there!

As we are commemorating **Total Defence Day on 15th February**, let us learn emergency preparedness skills together!

Be equipped with lifesaving skills and other emergency preparedness knowledge that can be applied during an emergency.

Let's begin!



The Civil Defence Resource Pack is adapted from the Singapore Civil Defence Force's Civil Defence Emergency Handbook.

To download the Civil Defence Emergency Handbook, log on to: go.gov.sg/cdemergencyhandbook or scan the QR code below

TOPICS

2 Welcome!
3 Civil Defence Emergency Handbook

5 LET'S BE EMERGENCY READY!

6 Ready Bag
10 Public Warning System
14 In-Place Protection

17 LET'S LEARN LIFESAVING SKILLS

18 First Aid Kit
20 Burn Management
21 Wound & Fracture Management
22 Improvised First Aid Skills

26 How to perform CPR-AED

31 Kitchen fire
32 What to do when a fire breaks out
33 How to use a fire extinguisher
34 How to operate a hose reel
35 School fire safety tips

38 Conclusion
39 Download the myResponder App

LET'S BE EMERGENCY READY!





READY BAG

The Ready Bag contains important items that will help you in an emergency. You should bring it along with you when you are required to evacuate your home. Every member of your family should know where the Ready Bag is kept and it is recommended to be stored in an easily accessible location even in the dark (e.g. during power outages).

ESSENTIAL ITEMS IN THE READY BAG

Torchlight without batteries



Essential personal medication



First aid kit



Batteries



Whistle

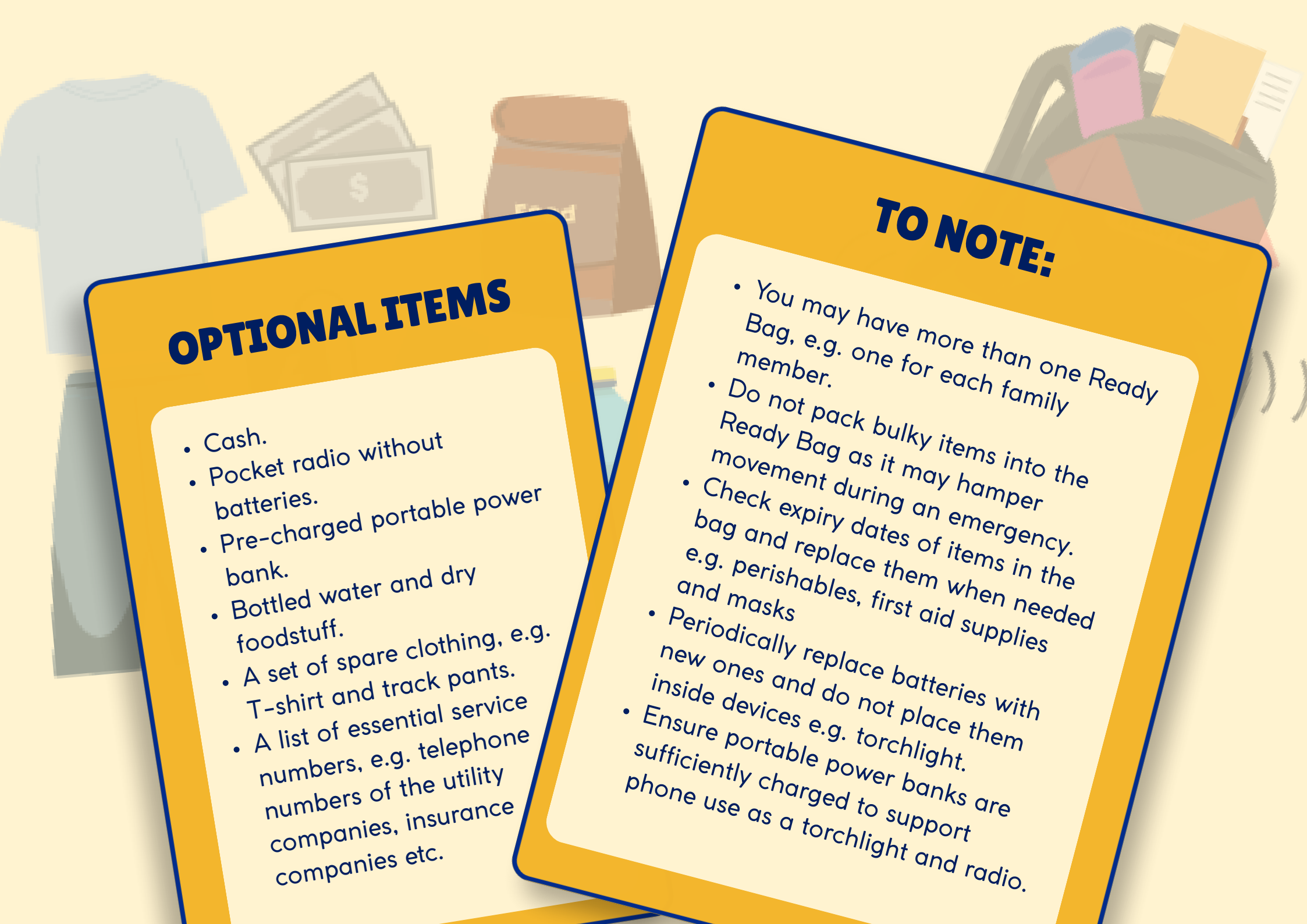


Childcare supplies and other special care items



N95 Mask





OPTIONAL ITEMS

- Cash.
- Pocket radio without batteries.
- Pre-charged portable power bank.
- Bottled water and dry foodstuff.
- A set of spare clothing, e.g. T-shirt and track pants.
- A list of essential service numbers, e.g. telephone numbers of the utility companies, insurance companies etc.

TO NOTE:

- You may have more than one Ready Bag, e.g. one for each family member.
- Do not pack bulky items into the Ready Bag as it may hamper movement during an emergency.
- Check expiry dates of items in the bag and replace them when needed e.g. perishables, first aid supplies and masks
- Periodically replace batteries with new ones and do not place them inside devices e.g. torchlight.
- Ensure portable power banks are sufficiently charged to support phone use as a torchlight and radio.

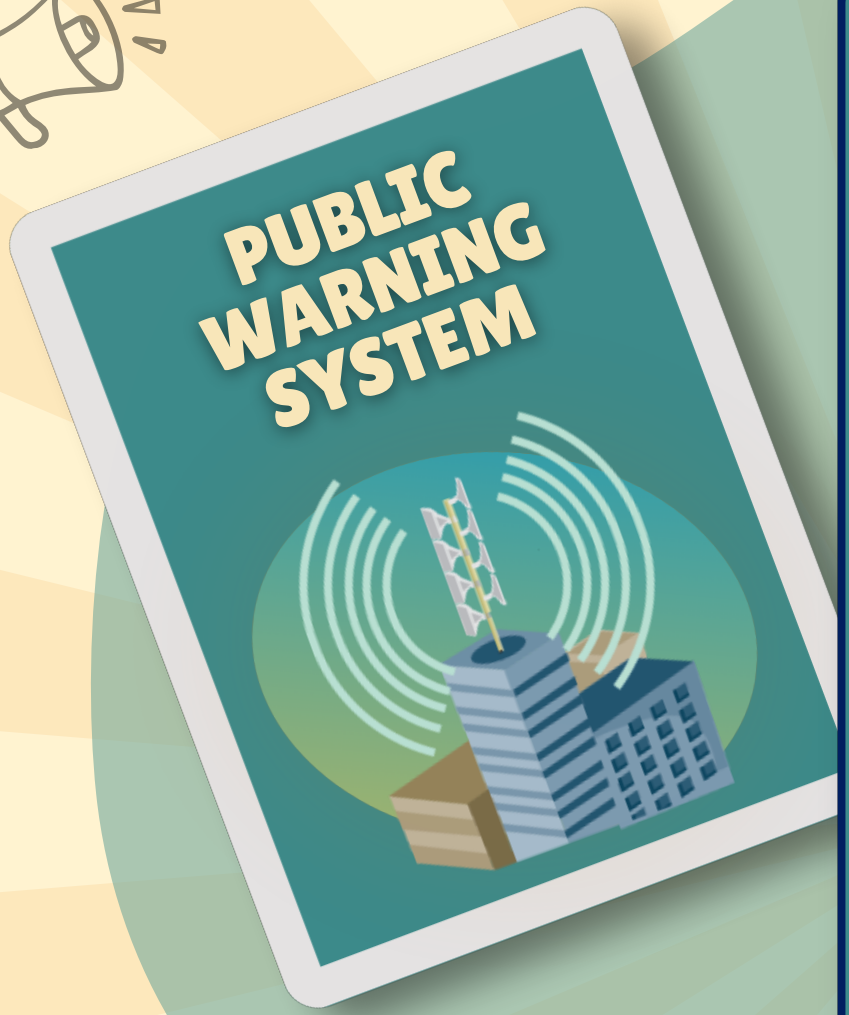
ACTIVITY 1 !

PACK IT RIGHT!

Identify which items should be included in a **Ready Bag** and explain how each item could be useful during an emergency.

Prompt for Teachers

- *Encourage students to identify the items that should be included in a Ready Bag.*
- *Invite students to explain how each item can be useful during an emergency.*



PUBLIC WARNING SYSTEM (PWS)

The Public Warning System (PWS) is a network of **sirens** placed by the SCDF at strategic points across Singapore to **warn the public** of imminent threats that may endanger lives and property.

The PWS will be used to warn the public of military attacks and disasters, both natural and man-made.

WARNING SIGNALS

ALARM

How It Sounds
Wailing blasts

Situation
An air raid or danger is approaching

What You Need To Do
Move to a Civil Defence shelter immediately

ALL CLEAR

How It Sounds
Continuous blasts

Situation
The threat is over

What You Need To Do
Leave the shelter in an orderly manner

IMPORTANT MESSAGE

How It Sounds
Pulsating blasts

Situation
An 'Important Message' will be broadcasted via local free-to-air FM radio, TV stations and emergency notification systems

What You Need To Do
Tune in to local free-to-air FM radio stations, TV stations, mobile phone notifications (e.g. SG Alert) and SCDF's social media channels immediately

DID YOU KNOW?



Annually, the SCDF will be sounding the 'Important Message' signal through the island-wide network of PWS sirens on **15 February and 15 September at 6.20pm.**

Do not be alarmed by the minute-long sounding exercise.

When you hear the 'Important Message' signal, tune in to local free-to-air FM radio and TV stations, mobile phone notifications (e.g. SG Alert) and SCDF's social media channels.

ACTIVITY 2 !

NAME THAT SIGNAL!

Click to listen!



Listen carefully to the **PWS signals** and identify which signal is being played. Explain what each signal means and what you should do when you hear it.

Prompt for Teachers

- *Play each PWS signal audio and let students guess which signal they hear.*
- *Encourage students to explain what each signal means and what they should do when they hear it.*



IN-PLACE PROTECTION

You may be required to observe In-Place Protection (IPP) procedure when hazardous substances are released into the environment intentionally or during industrial accidents. IPP serves to minimise the infiltration of hazardous materials into premises such as homes, schools and workplaces.

If you are outdoors when hazardous substance is released, **seek shelter** and perform IPP immediately.

Click here to learn how to carry out IPP at home, outdoors and on public transport! *(pp. 95 - 97)*



IF YOU ARE AT SCHOOL

SCHOOL

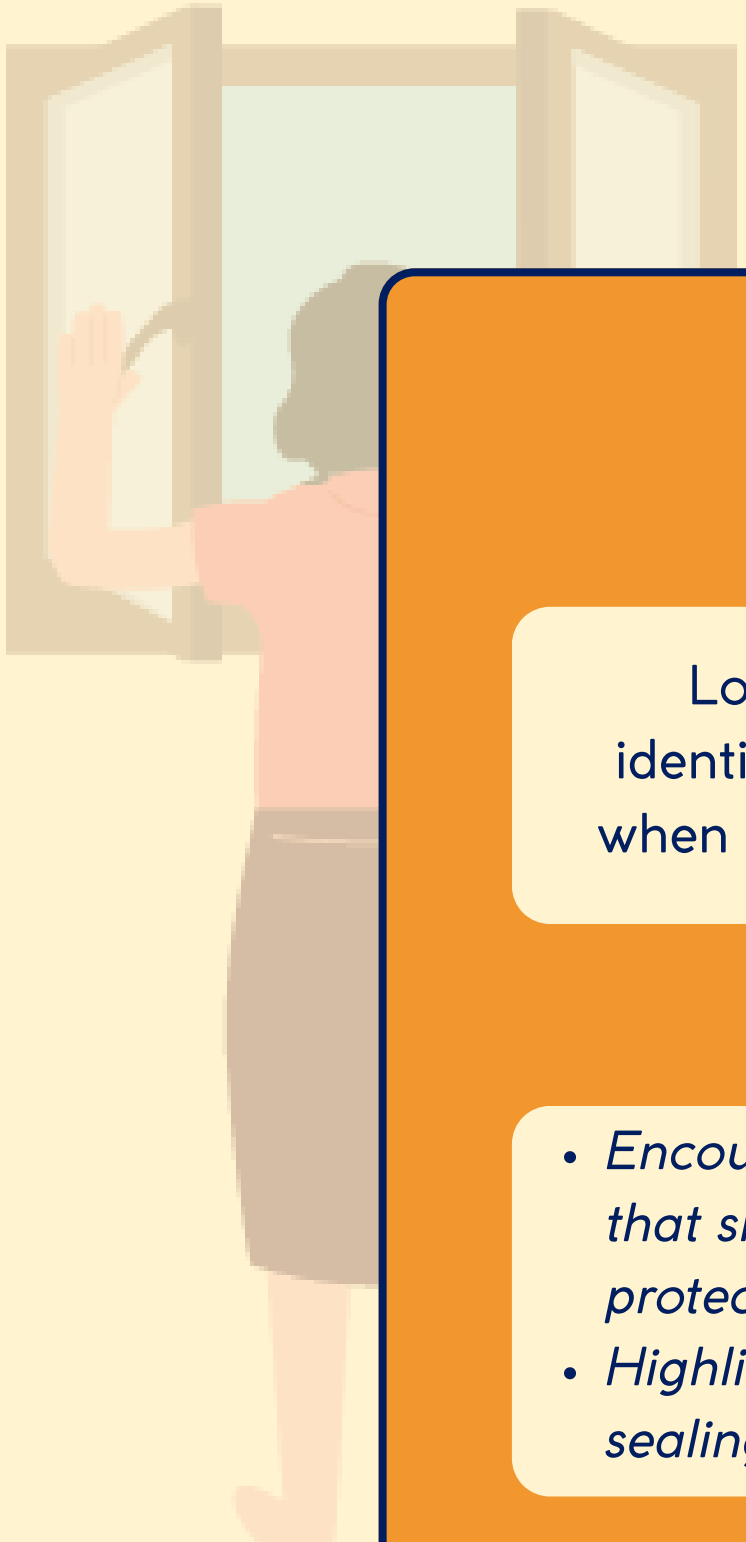
- If your school is in the affected area, your school will carry out IPP and keep you safe.
- **Do not** leave school unless instructed by the authorities.

Parent Advisory
Do not go to the school or attempt to bring your child home unless instructed by the authorities.

WHEN IPP ENDS

- SCDF will let you know when it is safe to leave through the 'Important Message' signal on the Public Warning System and the 'Important Message' broadcasts on free-to-air FM radio and TV stations, mobile phone notifications (e.g. SG Alert) and SCDF's social media channels.
- When instructed, open doors and windows and switch on fans, air conditioning units and ventilation systems.





ACTIVITY 3 !

SEAL IT UP!

Look around your classroom and identify the areas that should be sealed when a hazardous substance is released.

Prompt for Teachers

- *Encourage students to identify the areas that should be sealed during in-place protection.*
- *Highlight the importance of closing and sealing windows, doors and other openings.*



LET'S LEARN LIFESAVING SKILLS!





FIRST AID KIT

It is **strongly recommended** that each household be equipped with a first aid kit.

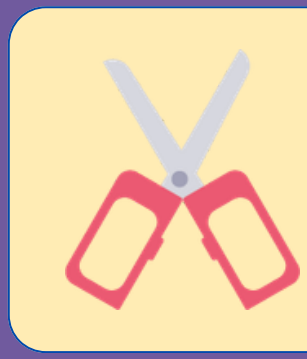
Remember to **monitor the expiry dates** of the supplies in your first aid kit on a regular basis and **replenish** them when necessary.

EXAMPLES OF ITEMS IN A FIRST AID KIT

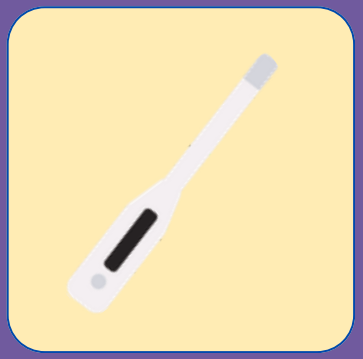
Tweezers



Scissors



Thermometer



Disposable Gloves



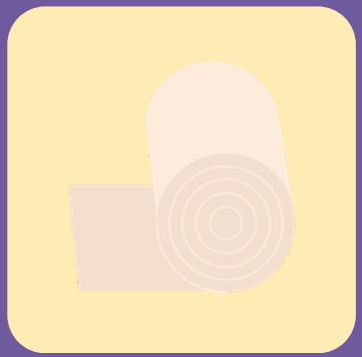
Adhesive Tape



Dressing



Bandages



BURNS

Damage to the Body Tissue by Heat, Chemicals, Electricity or Radiation

To treat the burn, remember the **4Cs**!

COOL



COOL the affected part under cold running water or immerse it in cold water for at least 10 minutes; for chemical burns wash off the chemicals.

CONSTRICTORS



Gently remove any **CONSTRICTORS*** from the injured area before it starts to swell e.g. rings, watches, etc.

COVER



COVER the burned/scalded area with sterile dressing.

CONSULT

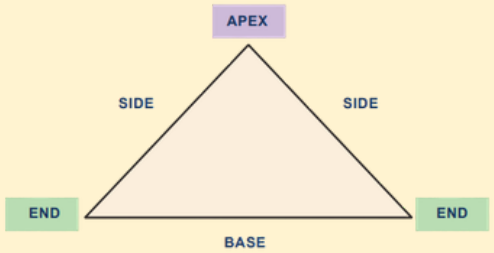
CLINIC

CONSULT a doctor if the burn/scald is not severe; otherwise, dial 995 for an ambulance.

*Constrictors** - *Things that may become tight if an injured area swells, e.g. watches, bracelets or rings*

WOUND & FRACTURE

Triangular Bandage



How To Treat Open Wounds?

Seek medical attention if necessary

1



Firstly, calm the casualty down.

Treat bleeding wounds by placing a sterile gauze pad over it and securing it with a bandage. For open fractures, stop the bleeding and cover the exposed bone.

2



Rest, support and immobilise* the injured part in a position most comfortable for the casualty.

3



If the casualty has a dislocated shoulder, fractured upper arm, forearm or wrist, apply the 2-step open arm sling as shown above.

*Immobilise** - *To keep an injured body part still and in a comfortable position.*

IN THE EVENT OF A TERROR ATTACK



1 Run > Hide > Tell

While hiding, if you encounter any casualty who is bleeding profusely, you should carry out Improvised First Aid Skills Plus (IFAS+), using the Press, Tie, Tell technique by using commonly available items to stop the bleeding, without drawing any attention to yourself.

2 Press > Tie > Tell

Improvised First Aid Skills Plus (IFAS+)

PRESS



Press directly on the wound to stop the bleeding using items such as a handkerchief or cloth.

If bleeding does not stop, proceed to **TIE**.

TIE



Tie at least 5 cm above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.

If bleeding still does not stop, apply the windlass technique.

TELL



Tell the SCDF Emergency Responders about the injury and the time when you tied the wound.

To watch the video, log on to https://www.youtube.com/watch?v=XLimCXzPPDY

PRESS



Press directly on the wound to stop the bleeding using items such as a handkerchief or cloth.

If bleeding does not stop, proceed to **TIE**.

TIE



Tie at least 5 cm above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.

If bleeding still does not stop, apply the windlass technique.

TELL



Tell the SCDF Emergency Responders about the injury and the time when you tied the wound.

Windlass Technique

1



Tie at least 5cm above the first tie.

2



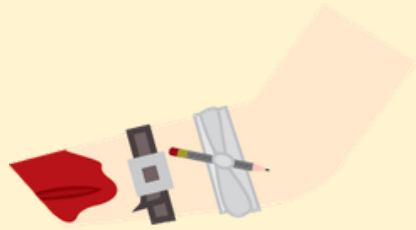
Place a rod (pen or wooden stick) on the second tie and secure the rod.

3



Turn the rod in one direction until the bleeding stops.

4



Secure the rod by tying a knot.

ACTIVITY 4 !

PRESS & TIE

Look around you and identify everyday items that could be used during an emergency to assist with basic first aid, such as items that can be used to **PRESS** or **TIE**.

Prompt for Teachers

- *Encourage students to identify everyday items around them that can be used for IFAS.*
- *Invite students to explain how the items can be used to PRESS or TIE.*

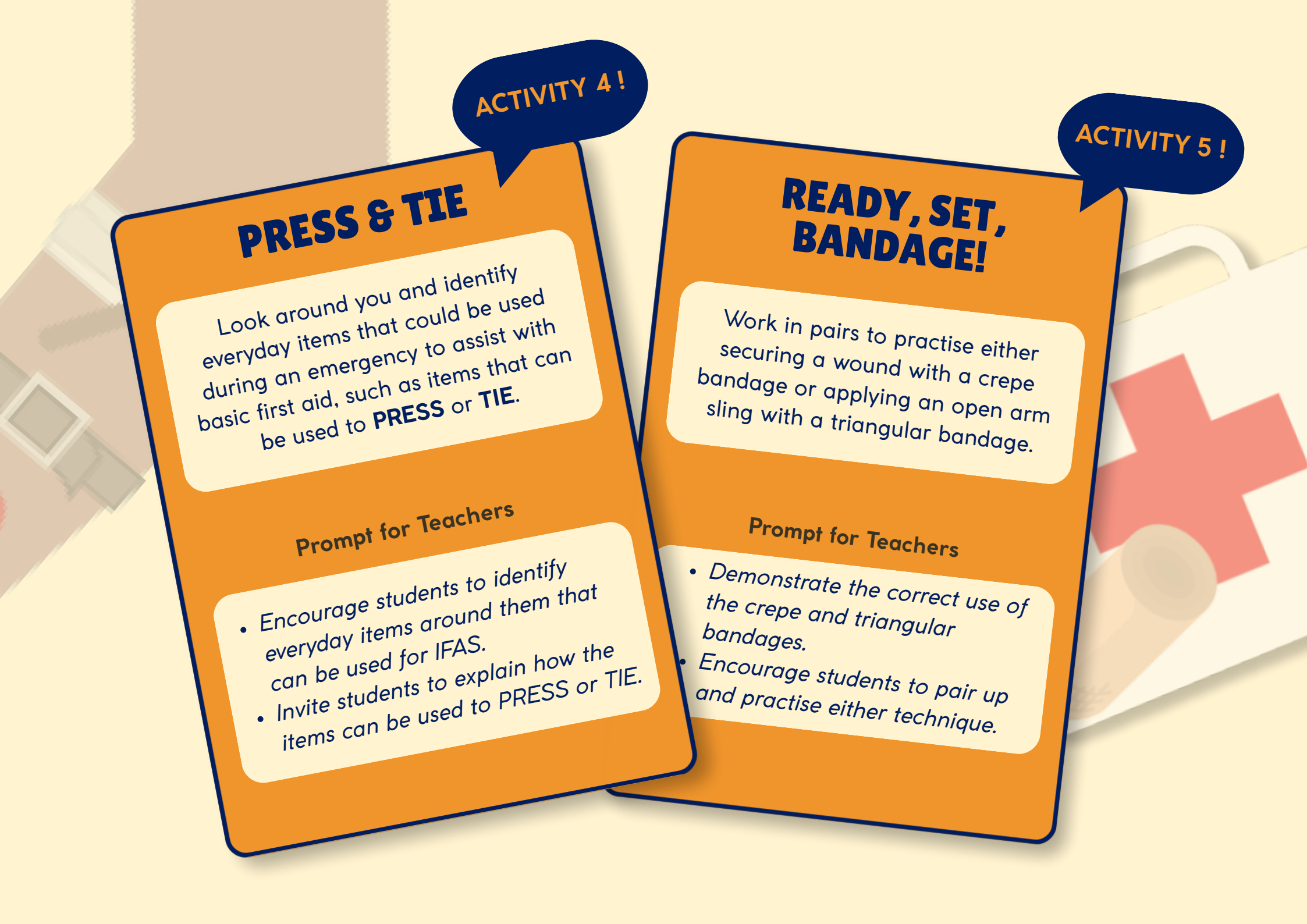
ACTIVITY 5 !

READY, SET, BANDAGE!

Work in pairs to practise either securing a wound with a crepe bandage or applying an open arm sling with a triangular bandage.

Prompt for Teachers

- *Demonstrate the correct use of the crepe and triangular bandages.*
- *Encourage students to pair up and practise either technique.*





HOW TO PERFORM CPR–AED

CHECK RESPONSIVENESS

Hello! Hello! Are you okay?



CALL 995 AND ASK SOMEONE TO GET AN AED

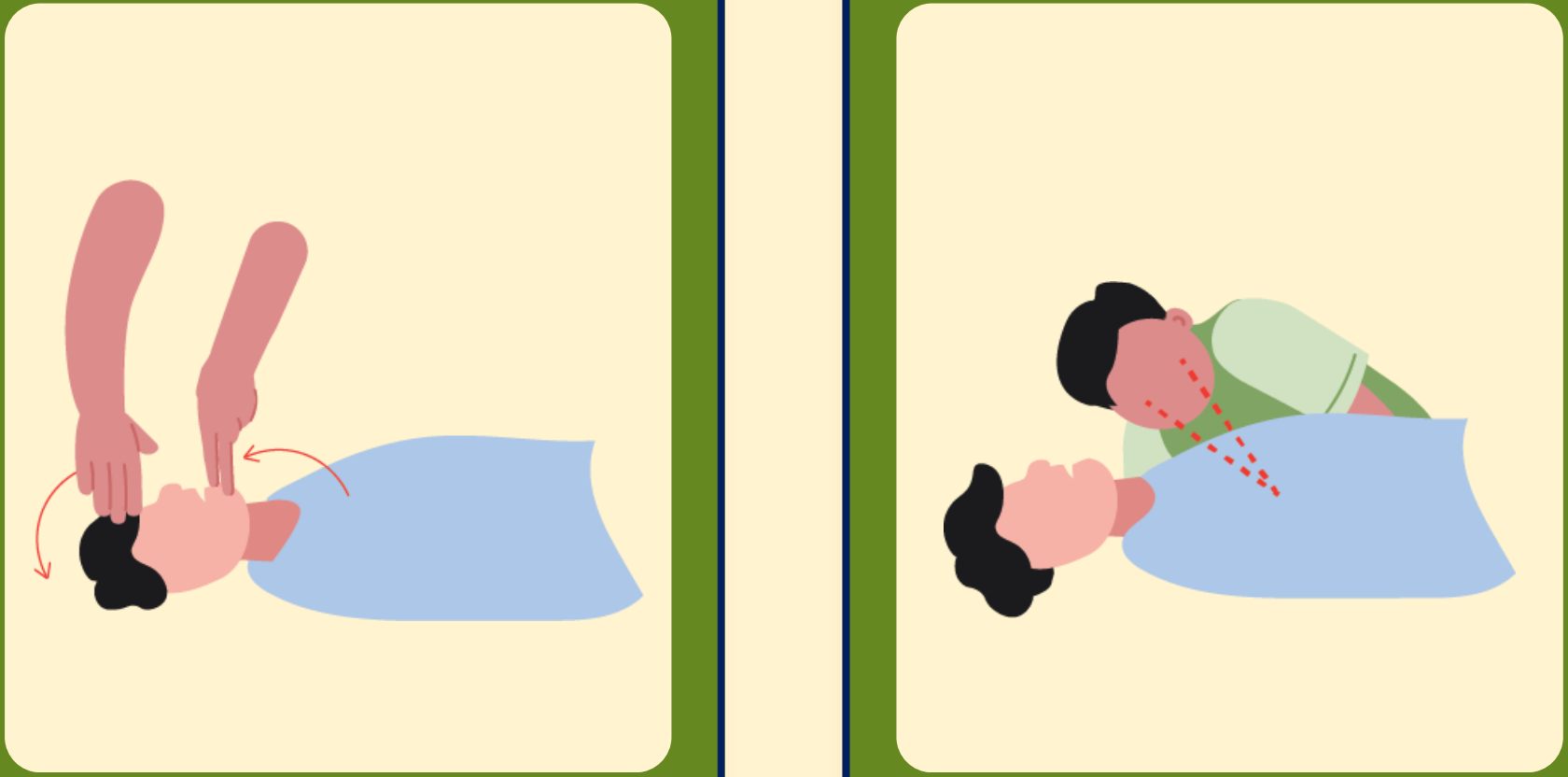


Learn CPR and How to Use the AED: https://youtu.be/7XnUCVaBnVQ?si=bMHydUKI94xUHtzR

HOW TO PERFORM CPR-AED

OPEN AIRWAY

Perform the head-tilt-chin-lift.



CHECK BREATHING

Look for the chest rise and fall. Listen for air escaping. Feel for the flow of air.

If the casualty is **not breathing...**

HOW TO PERFORM CPR–AED

START CPR

Position the heel of your palm on the breastbone. Position your shoulders directly above the casualty's chest.





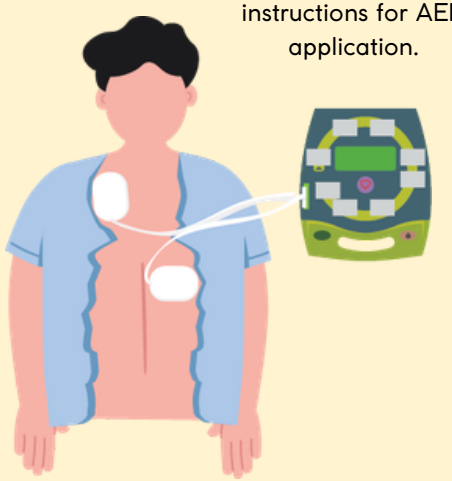
Perform **30 compressions.**

HOW TO PERFORM CPR–AED

APPLY AED

Apply AED pads and listen to the instructions.

Follow the on-device instructions for AED application.



DELIVER SHOCK

You may be instructed to stay clear and press the SHOCK button.



CONTINUE CPR

Continue CPR until the ambulance crew arrives or the casualty shows signs of life.



Learn CPR and How to Use the AED: https://youtu.be/7XnUCVaBnVQ?si=bMHydUKI94xUHtzR

ACTIVITY 6 !

30 CHEST COMPRESSIONS

Practise the hand position and compression motion using a suitable firm surface or by following a teacher-led demonstration.

Perform chest compressions on mannequin only.



Prompt for Teachers

- *Demonstrate the correct hand position and compression motion.*
- *Encourage students to practise the technique through guided practice.*

ACTIVITY 7 !

SPOT IT!: AED

1. Identify and locate an AED in the school.

2. Learn where the AED pads/stickers are placed on the body by following the on-device instructions.

Prompt for Teachers



- *Encourage students to locate the nearest AED in the school.*
- *Highlight the correct placement of the AED pads on the body.*

KITCHEN FIRE



Did you know? These fire hazards can happen in **school** too!

Unattended cooking is one of the top 3 causes of fire in residential premises in Singapore.

Never leave cooking unattended even for a short moment such as by answering a phone call.



Turn off the gas supply immediately.



Use a wet cloth to cover the wok/cookware. **DO NOT** pour water into the wok/cookware.



Call **995** for SCDF.

Click here to try the Home Fire Safety Checker!

WHAT TO DO WHEN A FIRE BREAKS OUT



AT SCHOOL

- Stop work immediately
- Follow your teacher's instructions
- Evacuate the classroom in a calm and orderly manner under teacher's supervision
- Gather at the predetermined assembly area
- Listen to the roll call

AT HOME/OTHER PLACES

- Do not panic
- Alert others of the fire by shouting
- Activate the nearest fire alarm (if applicable)
- Dial 995 for SCDF
- Evacuate the building in an orderly manner via the stairs
- Do not use the lift



When activated, the manual call point will sound the fire alarm.

FIRE EXTINGUISHER

To use a fire extinguisher, use the **P.A.S.S** method

PULL



PULL out the safety pin of the fire extinguisher

AIM



AIM the nozzle at the base of the fire

SQUEEZE



SQUEEZE the top lever of the fire extinguisher

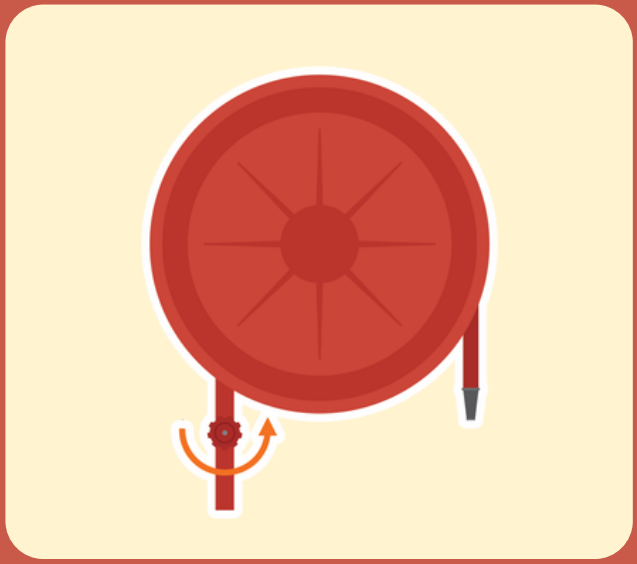
SWEEP



SWEEP the fire using the extinguisher's discharge

HOSE REEL

To operate a hose reel:



Turn on the hose reel valve in an **anti-clockwise** direction.

Pull out the hose and test to see if there is water. Run it to the fire.



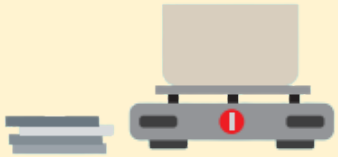
Turn the **nozzle** for water and direct it at the base of the fire.

SCHOOL FIRE SAFETY

Never leave cooking unattended.



Do not place combustibles near an open flame. Completely extinguish fires before leaving.



Switch off electrical and gas appliances when not in use.



Return combustible materials or substances to designated storage location after use.



Never overload outlets and switch off when not in use.



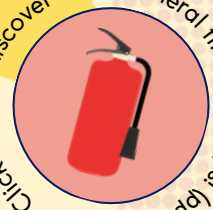
Do not use frayed wires or damaged electrical equipment.



Do not obstruct fire fighting equipment or evacuation routes.



Did you know? These fire safety tips are useful in **everyday life** too!



Click here to discover other general fire safety tips! (pp. 26)

DID YOU KNOW?

SCDF is conducting a trial to install and maintain Lifesavers' Emergency Points (LEPs) at the lift lobby of every two HDB blocks.

Each LEP is equipped with an Automated External Defibrillator (AED) and a dry powder fire extinguisher, giving residents easier access to lifesaving equipment during emergencies.



ACTIVITY 8 !

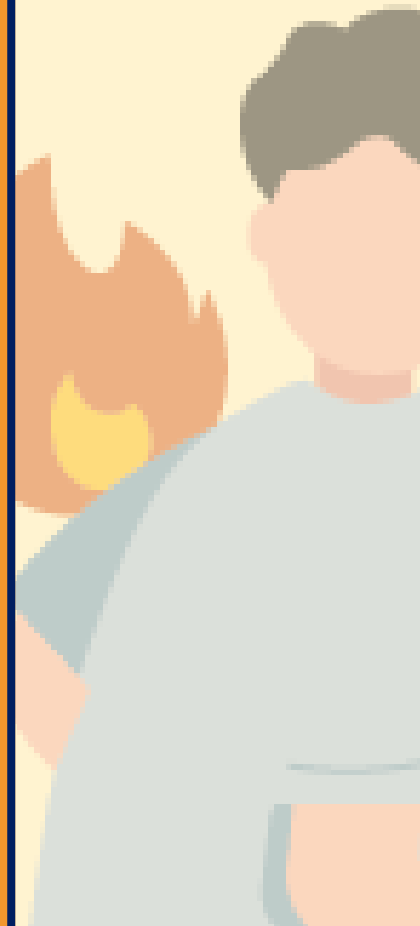
SPOT IT!: FIRE HAZARD

Look around the classroom or school environment and identify things you think could present a fire hazard.

Prompt for Teachers

- *Encourage students to identify potential fire hazards around the classroom or school.*
- *Invite students to explain why the identified items or practices could pose a fire risk.*





BE READY. BE PREPARED.



We hope that you enjoyed learning emergency preparedness skills together!

Please share what you have learnt with your family & friends, and become our **Community First Responder**!

For more information, log on to www.scdf.gov.sg

MYRESPONDER APP

SCDF
The Life Saving Force

LET'S TRAIN TO SAVE LIVES

The myResponder mobile app improves the survival rate of cardiac arrest victims via:



Early notificaton to SCDF 995



Early CPR



Early Defibrillation

FEATURES OF MYRESPONDER APP





Dial '995' through the app and your geolocation will be sent to SCDF automatically



Notification of cardiac arrest victims or minor fires near you



Enable users to provide photos/videos for major fire incidents using the camera function in the app



Choose your transport mode and alert radius – whether on foot, by bicycle or by vehicle – to receive emergency alerts that you can respond to



Respond together! View other responding Community First Responders (CFRs) on the incident map and communicate with them and SCDF Operations Centre through the app



View the locations of AEDs near you, so you can easily find one during an emergency



Learn essential lifesaving skills through bite-sized e-learning modules, available on the app



Keep up to date with the latest CFRs stories and SCDF articles in the Community News section

DOWNLOAD MYRESPONDER APP

SCAN TO DOWNLOAD



Download on the App Store

GET IT ON Google Play

If you are below 18 years of age, you must seek parental consent before using this app!