

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



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



CIVIL DEFENCE

RESOURCE PACK

Introduction

The Singapore Civil Defence Force (SCDF) believes in inculcating lifesaving knowledge amongst the young from an early age. The main role of SCDF is to provide firefighting, rescue and emergency ambulance services, mitigating hazardous materials incidents, as well as formulating, implementing, and enforcing regulations on fire safety and civil defence shelter matters.

Over the years, the SCDF has improved its lifesaving operations through innovations and programmes to enhance its firefighting, rescue capabilities and public education plans. The SCDF actively engages the local community through its wide-ranging public educational programmes and community-based activities to enhance the resilience and emergency preparedness of the civilian population.

In recent years, the SCDF has also introduced a wide spectrum of Public Education Programmes targeting the school population, ranging from preschools to Junior Colleges and Centralised Institutions.

This **Civil Defence Resource Pack** is one of the latest Public Education initiatives that the SCDF has embarked on this year for primary and lower secondary schools in Singapore.

Purpose

In support of Total Defence Day, the Civil Defence Resource Pack is intended to facilitate teachers in educating students on the Civil Defence pillar and deliver fire safety messages and emergency preparedness knowledge to students in a fun and interesting manner.

Learning Outcomes

Through the Civil Defence Resource Pack, students will:

- Learn about the Public Warning System
- Learn about how to pack a Ready Bag
- Identify the difference between emergency and non-emergency cases
- Learn lifesaving skills such as first aid, CPR & AED, and firefighting



How to use the Civil Defence Resource Pack

All the items in the Civil Defence Resource Pack can be used on their own or as resource materials to complement or supplement the existing curriculum in schools. Teachers should familiarise themselves with the resources provided and decide how they want to use them. If the materials are deemed to be too simple or too challenging for the students, teachers are free to make the necessary adjustments.

As such, the suggested activities are kept deliberately general to provide teachers with the required flexibility.



HAVE YOU PACKED YOUR READY BAG?

- Encourage students to discuss why each item is suggested to be packed into the Ready Bag.
- Suggest areas in the house where the Ready Bag should be stored.



IDENTIFY THE OBJECTS AROUND YOU THAT CAN BE USED TO 'PRESS' & 'TIE'.

- Invite students to identify the household items that can be used such as handkerchief (PRESS) and shoelaces or school tie (TIE).



USE A CREPE BANDAGE TO SECURE THE WOUND

- Encourage the students to pair up and practice securing the wound on one another using the crepe bandages provided



USE A TRIANGULAR BANDAGE TO APPLY THE OPEN ARM SLING

- Teacher to highlight where the apex of the triangular bandage is.
- Encourage the students to pair up and practice the open arm sling and secure the 'fracture' using the triangular bandages provided on one another.



WHERE IS THE NEAREST AED AVAILABLE TO YOU?

- Invite students to locate the AED in the school and their residences.
- Teacher to talk about the purpose of AED and why it is important to know where the AED is.



PERFORM 30 CHEST COMPRESSIONS

- Teacher to highlight how students should interlock their fingers and where the heels of the palm are to be placed.
- The inflatable mannequin can be used to demonstrate the 30 chest compressions.