

RESCUE 995

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE

IFAS

SGSECURE

STAY ALERT • STAY UNITED • STAY STRONG



CONTENTS

FEATURE STORIES

16 **Gunman Attack in Chong Pang:**

You have a Role to Play.

21 **Learn the Improvised First Aid Skill Technique NOW!**

SGSECURE
IMPROVISED FIRST AID SKILLS (IFAS)
 "STOPPING THE BLEED" CAN SAVE LIVES

In the rare event of a FIREARMS or WEAPONS attack:

- ▲ If you are at the scene, you should hide from the source of danger; and
- ▲ While hiding, if you encounter any casualty who is bleeding profusely, you should carry out IFAS by using commonly available items to stop the bleeding, without drawing any attention to yourself.

IFAS: PRESS » TIE » TELL

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

TIE above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.

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

Research & Nation Of Lifesavers A Community Outreach By **SCDF**

TECH BITES

5 SCDF Social Media Outreach



VOICES FROM THE HEART

10 "I would like to compliment the SCDF for walking the talk as the organisation has also trained their National Servicemen to be Community First Responders."



HIGHLIGHTS

12 *In case you missed it*

Some highlights from the past 6 months

14 Sentosa Fire Station

HOT STORIES

26 MORE THAN JUST A SMART PHONE



34



RESPONDER'S DIARY

30 **Two Good Hearts**

COMMUNITY FIRST RESPONDERS

32 **AGE IS NOT AN ISSUE**



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NOTE

From the Editor

Each time I read the news about a terrorist attack, I am always reminded of how fortunate I am to be a citizen of a multi-racial and multi-religious Singapore. Since young, I have been taught to respect the different races, religions and their cultures. Not only that, I have always marvelled at the beautiful sights of our colourful Hindu temples, majestic-looking mosques and quaint-looking temples, churches, cathedrals and synagogues. As someone who resides in the heartland, I am also proud to say that I love my Chinese food as much as the other local delights such as *nasi lemak*, *satay*, *shepherd's pie*, *breudber*, *roti prata* and not forgetting the *gulab jamun*! And thanks to my good friends, I have had the opportunity to taste some of the best home-cooked recipes when I visit them during Hari Raya, Deepavali and Christmas.

I shudder at the thought of Singapore losing the peace that we enjoy. As a little red dot on the world map, Singapore is inevitably affected by the events occurring outside of our geographical boundaries.

You would have already heard about the Singapore Police Force's (SPF) new "71999" SMS service where members of the public can report incidents via SMS when caught in situations where it is unsafe to speak. You should also have come across their "Run, Hide and Tell" public advisory on how to respond during a terrorist attack. If not, the story on the pilot revamped Emergency Preparedness Day drill at Chong Pang would provide you with an overview of the initiatives that the SCDF and SPF have rolled out to educate members of the public on what to do in the event of a terrorist attack. More specifically, the SCDF's advisory on "Press, Tie and Tell" shows that in the event of a terror attack, everyone can play the role of a Community First Responder.

The confidence I have in Singaporeans and foreigners living in Singapore are not unfounded. Good Samaritans are living amongst us. Just this month alone, we have seen splendid stories of how members of the public have stepped up as Community First Responders to help those in need. On 6 June 2016, Mr Jiang Hong, a SBS bus captain, and Mr Ong Kong Poh, a ComfortDelGro cabby, helped to put out a vehicle fire along Farrer Road. Mr Jiang Hong stopped his bus, temporarily suspended the bus journey after seeking approval from his passengers and rendered assistance. On 31 May 2016, 12-year-old Ashvin Gunasegaran stepped forward to help victims involved in a traffic accident and even waited with them until the ambulance arrived. For their gallant efforts, Mr Jiang Hong, Mr Kong Poh and Ashvin have all been awarded the Public Spiritedness Award by the SCDF.

Let us not forget about our Community First Responders who are on the SCDF's *myResponder* mobile application as well. It has been a year since its launch and today, there have been more than 8,000 downloads. To ensure a better user experience, the SCDF is already working on improving several functions on the mobile application to make it more user-friendly.

Terrorism is an intricate issue and it is not easy to deal with it. But the responsibility of creating a Safe and Secure Singapore should not just fall on the Home Team or anyone alone. We as a community can play a part.

On a lighter note, it gives me great pleasure to say that our previous edition entitled Woman's Issue: Girl Talk was very well-received. On behalf of the editorial team, I would like to thank you for the continuous support. Should you have ideas on any other themes that you would like us to work on, please do not hesitate to drop me a mail at michelle_lim@scdf.gov.sg!

Michelle Lim
Editor, Rescue 995
June 2016
Public Affairs Department



Get more
RESCUE 995
issues on the
mySCDF
mobile
application!

Now available on Available on the App Store Google Play

Look for this icon!



SAC Chin Lai Fong missed her birthday celebration with her family members as she had to respond to a major fire incident that had occurred on the same day. Find out more about her experience.



Dainty looking LTA Sandra Tan gave up her sterile lab coat for a soot-stained firefighting career. Find out why.



Ms Tan Shi Hui has a secret to share and it is going to be life-changing.

ONLINE CONTENTS

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ONLINE CONTENTS

– twitter.com/SCDF



facebook

Singapore Civil Defence Force
50,827 likes

4,680 TWEETS **66 FOLLOWING** **19K FOLLOWERS** [Follow](#)

Singapore Civil Defence Force
02 June at 06:37pm

12-year-old Ashvin Gunasegaran is a boy with a heart of gold. His family members and friends called him a hero for stepping forward to aid victims of a road traffic accident on Tuesday, 31 May.

Ashvin said, “No one was helping them. At the same time, no one was screaming for help and I was worried...”

Besides helping the victims, Ashvin also stayed with them until the arrival of the ambulance for he wanted to be sure that the victims were fine.

This afternoon, Ashvin was presented with the SCDF Public Spiritedness Award by LTC Eric Chua, Commander of 3rd SCDF Division.

#CommunityFirstResponders

882 Likes, 25 Comments, 65 Shares

TheLifeSavingForce @SCDF • June 02

The 22nd DART Spec Course ended last night after a 36-hour exercise. Drop by our FB page for more photos!

Singapore Civil Defence Force
29 May at 02:27pm

“As a CPR/AED trainer, I meet people from many walks of life during Emergency Preparedness Day events. One person who left a deep impression on me was this elderly man who wanted to learn CPR. After teaching him, we chatted for a while and I learnt that he wanted to acquire this skill because his brother had recently passed away due to a cardiac arrest. I was very encouraged to see that despite his age, it didn’t stop him from learning a new lifesaving skill which he can put to future use.”

-LCP (NSF) Ryan Lee, Emergency Medical Technician

501 Likes, 10 Comments, 23 Shares

TheLifeSavingForce @SCDF • May 27

Revamped EP Day held at Chong Pang today, where residents can learn how to respond during & after a terror attack.

TheLifeSavingForce @SCDF • May 20

While u throw your hands up to welcome the weekend, we will continue to reach our hands out to those in need. TGIF!

ONLINE CONTENTS

– Instagram #ANATIONOFLIFESAVERS



Instagram



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:



Voices from the Heart

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

A fire occurred at a building located opposite my office.

When I first witnessed the thick and billowing smoke from my desk, I was taken aback.

It was not until the arrival of the SCDF fire engines and emergency responders from the Paya Lebar Fire Station that the situation came under control.

From this experience, I witnessed the bravery of your emergency responders and I truly admire their fighting spirit.

Thank you for your good work.

Ms Kim

BEST

PTE Alex Ng, an NSF serving at the SCDF Search Platoon, attended to a lady who had collapsed and hit her head at the taxi stand of Plaza Singapura.

Not only is he a fine young man, he has also set a good example for others by rendering assistance to those who are in distress.

I would like to compliment the SCDF for walking the talk as the organisation has also trained their National Servicemen to be Community First Responders.

Christopher

I called 995 when I found out that my neighbour was feeling unwell. The SCDF ambulance and emergency responders arrived at my neighbour's house shortly after and my neighbour was attended by the ambulance crew SSG Chua Pei Han, SSG Jerryboy and LCP Junaidi from Clementi Fire Station. Not only they were very professional, they also remained very calm and composed throughout the entire process.

I am impressed by the SCDF service standards!

Sim Chwee Lian

PTE Alex Ng



Please convey my heartfelt gratitude to CPT Nick Li for taking good care of all the logistical arrangements during my visit to Singapore. Without his support, it would not have been such a smooth and enjoyable journey.

*Joshua Law
PS for Security of Hong Kong*

Our family car that was parked below our apartment caught fire and our neighbour who first spotted it called the SCDF for help.

Not only did the SCDF emergency responders from Changi Fire Station arrive at the incident site within minutes after the call, they also put out the fire very quickly and skillfully.

In addition, the post-incident information gathering process was conducted in a very professional manner.

Thank you for your service!

Nicholas Ng

In case you missed it

Some highlights from the past 6 months

Rescue Onshore

In late February 2016, emergency responders from Brani Marine Fire Station successfully rescued a person on-board a Ro-Ro ship named Hyperion Leader.

Ro-Ro ships are typically designed to carry wheeled cargo such as cars and trucks. The casualty, who was one of the crew members, had hurt his back and could not be moved.

As it was challenging to transfer the casualty from the massive Hyperion Leader to a significantly smaller Police Coast Guard (PCG) boat, where the height difference was about 20 metres, the SCDF officers used the crane on the Hyperion Leader to first transfer the casualty to our own Marine Vessel before taking him to the PCG boat.

The casualty was conveyed to the hospital to receive treatment.



SCDF Inter-Unit Relay Run

The SCDF Inter-Unit Relay Run (IURR) was held in late February at the Home Team Academy's Sports Stadium. As opposed to an individual running competition, a relay run means that participants from the same unit rely on each other (by passing a baton) to win. Hence, it is important for each team to understand their strengths and weaknesses, and to come up with strategies to be able to take home the championship. Such friendly competitions also promote staff bonding and an active lifestyle.

The SCDF Headquarters took home the Championship title this year.

Results of the SCDF IURR

| Title | Division |
|---------------|--------------------------------|
| Champion | SCDF Headquarters |
| 1st Runner-up | 3rd SCDF Division Headquarters |
| 2nd Runner-up | 1st SCDF Division Headquarters |
| 3rd Runner-up | 4th SCDF Division Headquarters |



Picture: Mdm Mariati, Committee Member and Adjudicator from SBOR presenting the Singapore Book of Records certificate to COL Yap Kok Boon, Commandant NCDCC.

National Civil Defence Cadet Corps Sets National Record

On 9 April 2016, the National Civil Defence Cadet Corps (NCDCC) was placed in the Singapore

Book of Records for the "Most Number of People Exercising with Towels".

A total of 563 cadets from 28 secondary schools took part in this record-setting event and each of them was given a white customised face towel with the tag line, "Game Guts Glory" embroidered in blue for the exercise.

The 6-minute breath-taking exercise, tuned to an energetic Spanish song, titled "La Pera", incorporated Zumba moves to create the additional punch.

This spectacular feat was pulled off in conjunction with the NCDCC's Games Day, a biannual sporting event for cadets from different schools to interact, compete and bond.

Find out more about the event at <http://singaporerecords.com/most-number-of-people-exercising-with-towels/>



SENTOSA FIRE STATION

Sentosa Fire Station, SCDF's 21st fire station, commenced operations on 6 June 2016. Located at 37 Artillery Avenue, it will provide emergency services within the popular resort island of Sentosa as well as its immediate vicinity such as the HarbourFront and Telok Blangah areas.

The fire station currently has a fleet of five emergency vehicles comprising two fire engines, one fire bike, one ambulance and one combined platform ladder.

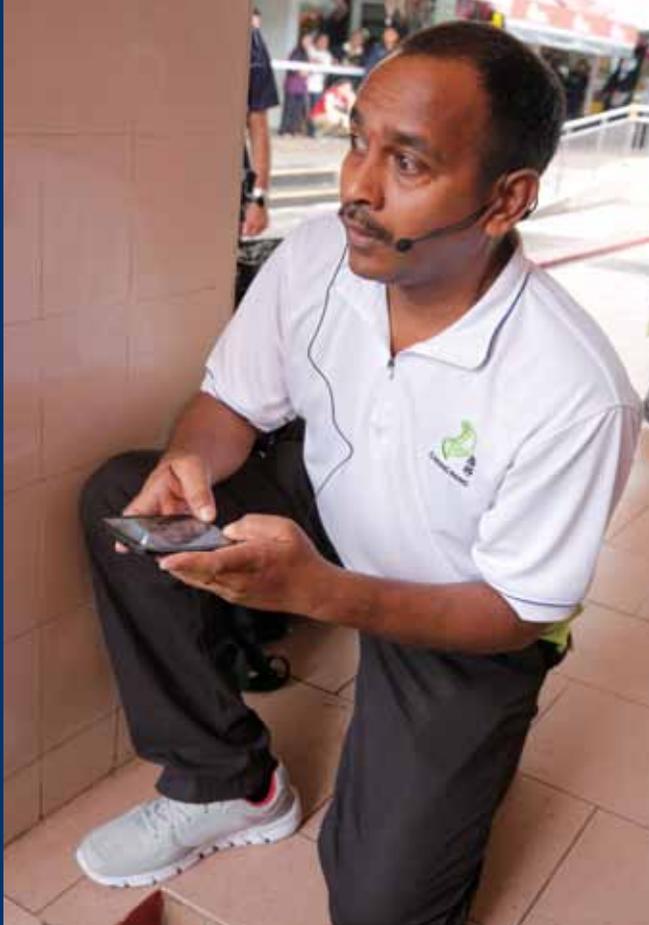
Since 2008, SCDF has been providing emergency services on the resort island through Sentosa Fire Post with one Red Rhino and one fire bike.

The ground breaking ceremony of the Sentosa Fire Station was held on 17 February 2015. With the commencement of Sentosa Fire Station, the fire post will cease to operate. 🚒

Gunman Attack in Chong Pang:

You have a Role to Play.

Graced by Mr K Shanmugam, Minister for Home Affairs and Minister for Law, the pilot revamped Emergency Preparedness (EP) Day drill at Chong Pang took place on 28 May 2016. As part of the SG Secure national movement, which is spearheaded by the Ministry of Home Affairs, it aims to educate the public on the roles that they can play as Community First Responders in the event of a terror attack and before the arrival of the emergency responders.



Picture: The Citizen-On-Patrol volunteer ran away from the incident site and hid behind a pillar where he was out of sight from the gunmen. He then alerted the police by sending a SMS to 71999.

Storyline of Pilot Revamped Emergency Preparedness Day Drill held at Chong Pang

Mdm Saniah Binte Rasban just got done with her grocery shopping at the Chong Pang Market and Food Centre.

While she was on her way back home, she decided to join her usual group of kakis at a nearby coffee shop.

Immediately after she had taken her seat, she heard a man shouting from afar.

She could not make out what he was trying to convey but gradually, it became clearer and clearer.

A fellow Citizen-On-Patrol volunteer, who ran towards the direction of the coffee shop, warned the patrons loudly that he had witnessed two gunmen engaged in random shootings.

He shuffled his feet rapidly up and down the coffee shop, forewarning the coffee shop patrons. Unfortunately, nobody took him seriously.

At the same time, Mdm Saniah felt a strong tug on her arm and before she knew it, she was pulled away from her seat by a friend. As Mdm Saniah picked up her pace, she decided to turn back to grab hold of the groceries that she had left behind.

Immediately, her friend shouted at her and told her to forget about her grocery bags and to run for her life instead.

At that same instance, Mdm Saniah saw two gunmen shooting randomly at the other coffee shop patrons.

Volunteer Lifesaver

One who is well-equipped with comprehensive lifesaving skills and knowledge and is highly motivated to commit time and efforts to assist others in distress.

Bystander Responder

One who is equipped with essential lifesaving skills and will step forward to render assistance when he chances upon someone in distress

Emergency Prepared Citizen

One who is able to get himself, his family members, and those around him out of harm's way in times of emergency.

Figure 1: SCDF's Three-Tier Community First Response Framework

SCDF'S COMMUNITY FIRST RESPONSE FRAMEWORK

In 2014, the SCDF unveiled its Vision 2025 to build 'A Nation of Lifesavers'. One of the key drivers of this vision was Community First Response where individuals trained in the "Triangle of Life" skill sets (basic first aid, basic firefighting and CPR-AED procedure) would step forward to help those in distress prior to the arrival of the SCDF emergency responders.

The SCDF's community engagement efforts in promoting Community First Response is part of the larger SG Secure national movement which is geared towards strengthening our community vigilance, resilience and cohesion in safeguarding our society from the threats of terrorism and extremism, and their consequences.

Community First Responders

Community First Responders are trained individuals who will step forward to help those in distress during day-to-day peacetime emergencies or during a major crisis.

To support the community engagement efforts, the SCDF has introduced the three-tier Community First Response Framework, as shown in Figure 1, which leverages on the different EP competencies of the community.

Mdm Saniah, the Citizen-On-Patrol volunteer, a passer-by named Mr Daniel and two other patrons of the coffee shop then took cover at a nearby pillar while the gunmen entered the coffee shop.

It was also then that they realised that the two patrons had sustained gunshot wounds when they

were running for their lives.

While the Citizen-On-Patrol volunteer sent an SMS to 71999, Mdm Saniah and Mr Daniel attended to the victims who were bleeding profusely.

Gunman Attack in Chong Pang:

You have a Role to Play.

Both of them applied the Improvised First Aid Skills (IFAS) on the wounds of the two victims.

While they attended to the victims, the gunmen held five other patrons as hostages. With brute force, they dragged the hostages to the front of the coffee shop and coerced them to kneel in a single line.

Mr Daniel and Mdm Saniah were thankful that they managed to escape from the coffee shop in time as they witnessed the violence unfolding before their eyes. They heard the hostages pleading for mercy and one of them shouted in a trembling voice, saying “my wife, my mother...don’t shoot me please...”

Mdm Saniah mustered her courage and continually assured the victims that help was on the way. She was right. The newly set-up Emergency Response Team, which comprises specially-trained police officers who are equipped with more firepower, had arrived at scene to take out the assailants.

Once the police declared the coffee shop area to be safe, the SCDF emergency responders moved in to attend to the victims. This was also when both Mr Daniel and Mdm Saniah informed the SCDF emergency responders about the condition of the victims and the duration since they applied IFAS on their wounds.

As the SCDF emergency responders conveyed the victims to the hospital, the bystanders from the



Picture: Mr Daniel attended to the coffee shop patron who was shot at the stomach area by using a towel to press on his wound.



Picture: Mdm Saniah used her scarf to tie the area above the wound of another victim who was shot on his arm.

Scan the QR Code below to learn from a **Video Demonstration** on how to apply the **Improvised First Aid technique**



neighbourhood who watched the drill also took home with them a few important lessons.

This was all part of the storyline of the pilot revamped EP Day drill at Chong Pang that took place on 28 May 2016.

Graced by Mr K Shanmugam, Minister for Home Affairs and Minister for Law, the revamped EP Day is part of the SG Secure national movement, which is spearheaded by the Ministry of Home Affairs. It aims to educate the public on the roles that they can play as Community First Responders in the event of a terror attack and before the arrival of the emergency responders.

LTA Karl Lai, a ROTA Commander at Yishun Fire Station who also took part in the drill, said that “it requires a lot of Home Team synergy to ensure a successful operation whether if it is before, during or after the occurrence of a terror attack”.

LTA Karl explained that for such incidents, “the SPF would first have to declare the premises as safe before the SCDF emergency responders can reach out to the casualties to render assistance”. LTA Karl added that it is hence “more crucial that members of the public take on the roles of Community First Responders by attending to any casualties while waiting for the SCDF to arrive at scene. Every second counts when it comes to saving a life and everyone can play a part.”

The revamped EP Day event was not just a ‘show and tell’ to be taken with a pinch of salt. The volunteers were not merely playing the roles of actors and actresses.

Instead, there was a more poignant message behind the

event and it is that the threat of a terror attack occurring in Singapore is real and Singaporeans should stay vigilant and be prepared to react appropriately.

By the end of 2016, similar revamped emergency preparedness drills will also be conducted at other constituencies.

The SCDF conducts the Community Emergency Preparedness Programme (CEPP) at the four SCDF Division Headquarters. Members of the public can register for CEPP at any Emergency Preparedness Day or contact 6848 1525 for more information. 🚒

In the rare event of a **FIREARMS** or **WEAPONS** attack

RUN » HIDE » TELL



RUN away from danger. Do not surrender or attempt to negotiate. If escape is not possible, then...



HIDE. Find cover and stay out of sight. Be very quiet and switch your phone to silent mode. When it is safe to do so...



TELL someone. Call 999 or SMS 71999 if it is not safe to call. Provide details on your location and the attackers.



SGSECURE
STAY ALERT • STAY UNITED • STAY STRONG

SGSECURE

STAY ALERT • STAY UNITED • STAY STRONG

IMPROVISED FIRST AID SKILLS (IFAS)

"STOPPING THE BLEED" CAN SAVE LIVES

In the rare event of a **FIREARMS** or **WEAPONS** attack;

- ▲ If you are at the scene, you should hide from the source of danger; and
- ▲ While hiding, if you encounter any casualty who is bleeding profusely, you should carry out **IFAS** by using commonly available items to stop the bleeding, without drawing any attention to yourself.

IFAS: **PRESS** » **TIE** » **TELL**



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



TIE above the wound using items such as a neck tie, belt or sling of a bag to stop any excessive bleeding.



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



Towards A Nation Of Lifesavers

A Community Outreach By:



Improvised First Aid Skills

Gentlemen, you can **save a life** by improvising the items and personal belongings that you wear and bring along with you in your bags.



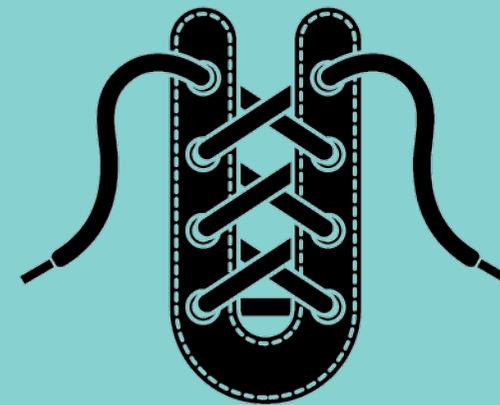
PRESS



TIE



TELL



Improved First Aid Skills

Ladies, you can **save a life** by improvising the items and personal belongings that you wear and bring along with you in your bags.



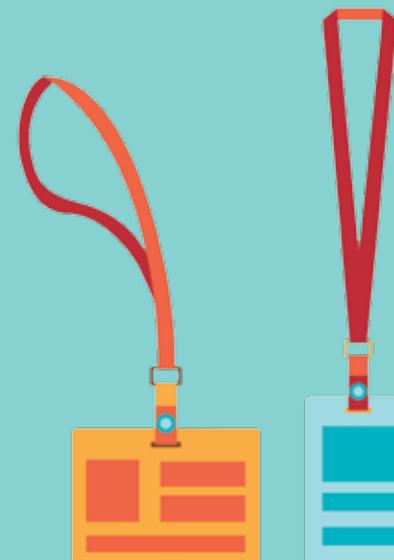
PRESS



TIE



TELL



MORE THAN JUST A SMARTPHONE



A Nielsen research pointed out that smartphone users are spending more time on the mobile applications installed on their devices.

Mobile Applications

Unlike the web browser that allows users to have all knowledge at their fingertips, mobile applications act as a digital one-stop-shop that serves a more specific purpose.

In the recent years, Singapore has seen a steady

increase in the number of mobile applications tailored to cater to the needs of the people living in Singapore and the SCDF have also joined in the foray.

The SCDF, an organisation that is no stranger to innovation, have a few mobile applications under

its name. They include the *mySCDF* mobile application and the *myResponder* mobile application developed jointly by the SCDF and the Infocomm Development Authority of Singapore.

While the *mySCDF* mobile application consists of e-services, publications and

information pertaining to lifesaving procedures, the *myResponder* mobile application takes on a more engaging approach.

myResponder Mobile Application

Launched during the SCDF Workplan Seminar held in 2015, the *myResponder* mobile application leverages technology to activate and deploy individuals trained in lifesaving skills to incidents that occur in their vicinity before the arrival of SCDF emergency responders. Its objectives are also in line with SCDF's vision of building *A Nation of Lifesavers*.

The thinkers behind the *myResponder* mobile application have a bigger dream - to raise cardiac arrest survival rates in Singapore through the mobile application.

According to a medical study in 2012, the survival rate for a witnessed cardiac arrest incident in Singapore is approximately 12%, which is one of the lowest among developed cities in the world. The early application of bystander Cardiopulmonary Resuscitation (CPR)

and Automated External Defibrillators (AEDs) has proven to be the two most effective means of raising cardiac arrest survival rates.

The in-built geo-location feature in the mobile application allows the SCDF Operations Centre to locate responders within a 400-metre radius of a cardiac arrest case and send notifications to users of the *myResponder* mobile application before the arrival of SCDF.

After being notified, responders are given the option to accept the notification and proceed to provide early intervention to the casualty, such as performing CPR on the victim and/or using the nearest available AED.

National AED Registry

Since March 2014, the Singapore Heart Foundation (SHF) and SCDF have also established a National AED Registry, which is a database of AED locations in public spaces across the island.

Members of the public can now access the data in the National AED Registry via *myResponder* mobile

application and be pointed to the nearest AED when required.

Success Story from the *myResponder* Mobile Application

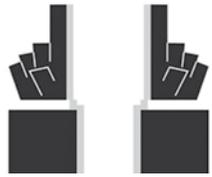
About eight months after the launch of the *myResponder* mobile application, Singapore witnessed a heartwarming success story.

On 3rd January 2016, a member of the public, Ms Michelle Lim was alerted via the *myResponder* mobile application to a cardiac arrest incident at Block 287 Bishan Street 24. She immediately rushed to the location to render assistance to a Chinese man in his forties who had collapsed on the pavement near the above-mentioned location.

Upon her arrival, there was another bystander Mr Wong Er-Kai, who was performing CPR on the collapsed man. Ms Michelle immediately took over from Mr Wong and performed continuous chest compressions until SCDF ambulance arrived. The casualty's vital signs improved en-route to Tan Tock Seng Hospital and he was discharged on 9th January 2016.

It has been one year since the *myResponder* mobile application was launched.

**ONE
YEAR
LATER**



In hopes of making it an even more user-friendly and effective mobile application, the SCDF organised a meet-up for all registered users who have responded to at least one incident.

Held on 26 May 2016, the event was graced by COL (Dr) Ng Yih Yng, SCDF Chief Medical Officer and Mr Vernon Kang, CEO SHF.

The attendees, made up of members of the public from all walks of life, came together to share their experiences from using the *myResponder* mobile application.

Mr Steve Ng, a nurse by profession, has attended to a total of four cases so far. One of the cases involved his neighbour who lived a few levels above his unit. Mr Steve was chatting with his friends on WhatsApp

when he received a notification from the *myResponder* mobile application. Without hesitation, he left the house and met a SCDF firebiker who had also just arrived. As Mr Steve was more familiar with the area, he guided the firebiker to the unit and even assisted him in treating the victim.

Mr Steve, who is also a volunteer with the Civil Defence Auxiliary Unit, said that he is committed to saving lives and helping those who are in distress as he is in the line of emergency care after all.

My Vejerlavenkata Surya Narayana Raju has responded to three incidents. A full-time engineer, Mr Vejerlavenkata acquired basic first aid and CPR skills from a company course.

As a foreigner, Mr Vejerlavenkata said that he is happy that Singapore is being served by the *myResponder* mobile application as it is an assurance to those in distress that they will be rendered with assistance in the quickest time possible. On top of that, it also helps create a more cohesive community as a whole.

The *myResponder* mobile application is available on Apple and Google Play app stores. Individuals can download the mobile application and register via the mobile application itself as Community First Responders to be notified of cardiac arrest cases that occur within their immediate vicinity. 🚒



myResponder mobile application

Sudden cardiac arrest can happen to Anyone at Anytime & Anywhere

WHO should download this FREE mobile app?

Anyone & everyone!

WHY should I sign up as a Responder?

- Be a lifesaver! Turn on your GPS to receive alerts for nearby cardiac arrest cases & help to provide early CPR.
- Use the app to locate the nearest AED & bring it down to the emergency scene.
- When you dial 995 through the app, your GPS location will be automatically provided to the emergency response team.

HOW to download?

Search for the 'myResponder' app - FREE download for all iPhones & Android phones.

If you witness a sudden cardiac arrest:

- 1 Call 📞 & your geolocation will be sent to SCDF to facilitate a faster response.
- 2 Perform CPR according to the dispatcher's instructions.
- 3 Click on 📍 to locate the nearest AED. Ask a person to get it. Use the AED on the casualty, according to the machine's instructions.

If you receive an alert through the 'myResponder' app:

- 1 Respond by clicking **Accept**. Proceed to the emergency scene.
- 2 Perform CPR (with guidance from the 995 dispatcher). If you are trained and confident, take turns to rotate with other rescuers every 2 minutes.
- 3 Click on 📍 to locate the nearest AED. Ask a person to get it. Use the AED on the casualty, according to the machine's instructions.



YOUR RESPONSE IS ENTIRELY VOLUNTARY

We encourage you to respond only when you are available & able to do so within safe & reasonable means!

For more information, visit <http://www.raedi.sg>

If you are keen to have your organisation's public access AED locations/unregistered AED locations mapped into the national AED registry, please email us at R-AEDI@heart.org.sg.

Partners:



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RESPONDER'S DIARY

Full-Time National Servicemen PTE Seah Sze Hong and PTE Harviran Singh were on their way home when they met with a lady who had injured her foot earlier. Without hesitation, they stepped forward as Community First Responders and applied their first aid skills on the lady to help alleviate the pain that she was suffering from.

On 7 June 2016, off-duty PTE Seah Sze Hong and PTE Harviran Singh, both Full-Time National Servicemen who are serving as Assistant Field Instructors at the National Civil Defence Cadet Corps (NCDCC), assisted a lady who had hurt her foot.

PTE Sze Hong and PTE Harviran were on their way home when they saw a lady holding on to her foot in pain. Without hesitation, they stepped forward and approached the lady to ask if she needed help. The lady explained that she might have sustained the injury from a fall.

PTE Sze Hong and PTE Harviran then identified themselves as SCDF personnel and assured the lady that they can be of help. As they were on the train then, the quick-thinking PTE Sze Hong and PTE Harviran decided to use the available resources that they had to help the lady alleviate her pain.

The pair used water from a drinking bottle and tissues to clean the wound.

PTE Sze Hong also bandaged the lady's wound with first aid dressing while PTE Harviran constantly reassured the lady. A passer-by also gave them more tissue papers to help.

PTE Sze Hong even went out of the way to accompany the lady to her destination as he wanted to be sure that the lady was all right. He said "A strong sense of fulfilment filled me after I helped the lady. I am thankful that I have been equipped with the relevant lifesaving skills to even be of help to her in the first place."

Similarly for PTE Harviran, he sees lifesaving skills as essential skills to have. He said "I always believe that we can all step up to make a difference in someone else's life when they are in need or in distress. Knowing that I am already equipped with the knowledge and skills to help the lady who was in pain, I decided to play my part as a Community First Responder." 🚒

Two Good Hearts



Picture (Top): PTE Seah Sze Hong



Picture (Bottom): PTE Harviran Singh


May Wee Yee Ing
Head Corporate Planning
Home Team Cadet Corps Headquarters



Picture (left to right): Laavanya Gunasegaran, Swares Helen Louisa, Ashvin Gunasegaran and LTC Eric Chua.

AGE IS NOT AN ISSUE

Ashvin Gunasegaran, a 12-year-old boy, rushed to the aid of victims of a car accident that occurred at Yishun on 31 May 2016.

Ashvin who is from Yishun Primary School was on his way home with five other classmates when they heard a “loud boom” behind them as they crossed the road. Immediately after he realised that two cars had collided, Ashvin went forward to check on both drivers despite

his friends warning him not to do so as there was oncoming traffic.

While the other adults around him stood from afar to take photographs of the incident, Ashvin acted on his first instinct to check with the drivers if they were safe and if there was a need for an ambulance. He then noticed that one of the drivers was a pregnant woman suffering from a deep cut on her arm as a result of the accident.

Ashvin stayed behind with her until the ambulance arrived and conveyed the victims to the hospital.

Recognising his gallant act, LTC Eric Chua, Commander of 3rd SCDF Division, presented Ashvin who took on the role of a Community First Responder, with a Public Spiritedness Award.

“I really did not expect him to go all the way to help the two ladies involved in the accident. When he came home, he told me ‘Mummy, I saved a life today!’”, said Mrs Swares Helen Louisa, Ashvin’s mother. She added that her neighbours have also started calling her son a “hero” ever since his good deed came to light.

“I am very happy and proud of him. He is the hero in my house now,” she beamed.

Ashvin may only be 12 years old this year but he will definitely have something to look back to when he grows up to be a gentleman one day. 🚒



Picture (left to right): Mr Jiang Hong, COL Alan Chow and Mr Ong Kong Poh.

LAUDED FOR THEIR BRAVERY

SBS Transit Bus Captain Jiang Hong and ComfortDelGro taxi driver Ong Kong Poh have been lauded for their bravery after playing the role of Community First Responders.

Mr Jiang decided to step up as a Community First Responder when he spotted dense smoke coming out from the bonnet of a stationary car. He immediately stopped the bus and requested for his passengers to grant him the permission to stop the journey for a while as he wanted to help out.

To his surprise, the passengers were supportive of his request.

Mr Jiang then grabbed the fire extinguisher that was on board the double-decker bus and ran towards the burning vehicle.

Similarly, Mr Ong who also saw the thick smoke coming out from the stationary vehicle joined Mr Jiang and helped with the situation.

Mr Ong said that he received fire safety training during his National Service days as well as his short stint as a bus captain. That prompted him to help out as he knew that he was already equipped with the relevant lifesaving skills and knowledge.

Mr Jiang, a Chinese national, has only been in Singapore for one-and-a-half years. He underwent training on how to use the fire extinguisher during an SBS Transit first aid and fire safety course.

After helping the motorist, Mr Jiang was initially worried that his stagnant bus had caused a traffic buildup and the passengers displeased. To his surprise, the passengers lauded him for his bravery when he returned to continue the bus journey.

Both Mr Jiang and Mr Ong were presented with the Public Spiritedness Award by COL Alan Chow, Commander of 1st SCDF Division. 🚒



SCDF
The Life Saving Force



TOGETHER 
A NATION OF LIFESAVERS