



ST. JOHN AMBULANCE SINGAPORE

“For The Service of Mankind”

Patron: H.E. The President of the Republic of Singapore

Programme Schedule for BCLS Course

TIME / HOURS	TOPICS	ACTION BY
0900 hrs – 0915 hrs	INTRODUCTION: <ul style="list-style-type: none">✻ Course objectives✻ Overview of programme✻ Assessment format✻ Intro to instructors	Chief Instructor
0915 hrs – 1015 hrs	PRACTICAL DEMONSTRATION A) One-Rescuer CPR – Adult B) Airway Obstruction Management – Conscious & Unconscious Adult C) One-Rescuer CPR - Infant D) Airway Obstruction Management – Conscious & Unconscious Infant	Chief Instructor / Instructors
1015 hrs – 1025 hrs	TEA BREAK	
1025 hrs – 1200 hrs	PRACTICE ALL 5 MODULES	Instructors
1200 hrs – 1300 hrs	LUNCH	
1300 hrs – 1630hrs	PRACTICAL SESSION	Instructors
1630 hrs – 1650 hrs	THEORY TEST	Chief Instructor / Instructors
1650 hrs – 1800 hrs	PRACTICAL TEST	Chief Instructor / Instructors