



CIVIL DEFENCE

RESOURCE PACK

In Commemoration of Total Defence Day

TOGETHER 
A NATION OF LIFESAVERS



SCDF

The Life Saving Force

... for a safer Singapore

Hello there!

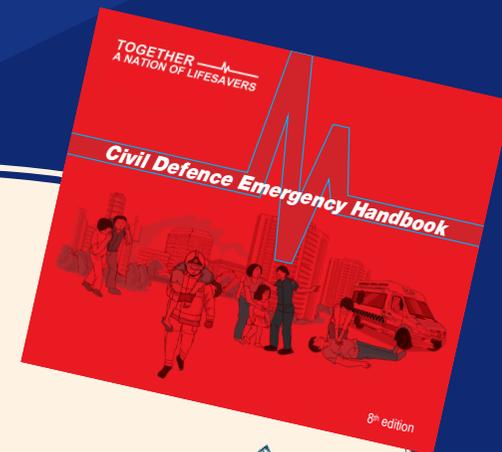
I hope all of you are staying safe and healthy!

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





Here are the topics that we will be learning:

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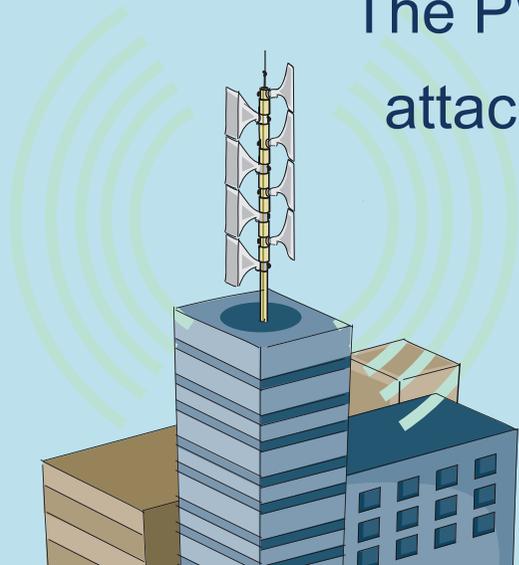
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PUBLIC WARNING SYSTEM

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.



PUBLIC WARNING SYSTEM

SIGNAL	HOW IT SOUNDS	SITUATION	WHAT YOU NEED TO DO
Alarm	Wailing blasts	An air raid or danger is approaching	Move to a Civil Defence shelter immediately
All Clear	Continuous blasts	The threat is over	Leave the shelter in an orderly manner
Important Message	Pulsating blasts	An "Important Message" broadcast will be aired via the local free-to-air radio and TV stations	Tune in to any local free-to-air FM radio stations and TV stations immediately

To listen to an audio recording of the various PWS signals, log on to <https://www.scdf.gov.sg/home/civil-defence-shelter/public-warning-system>

PUBLIC WARNING SYSTEM

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 6.20 pm.**

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

When you hear the "Important Message" signal, tune in immediately to any local radio station or TV channel for a two-minute message on the PWS.

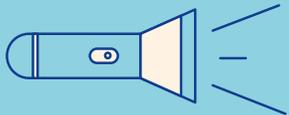




The Ready Bag contains **important items** that will help you in an emergency. You should bring it along with you when you are required to evacuate your home. Every member of your family should know where the Ready Bag is kept and it is recommended that its storage location is **easily accessible even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



ESSENTIAL ITEMS IN THE READY BAG



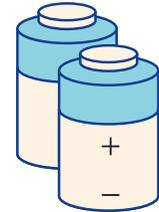
**Torchlight
without batteries**



**Essential
personal medication**



**Waterproof folder containing
photocopies of important
documents e.g. NRIC,
insurance policies**



Batteries



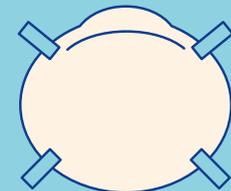
Whistle



First Aid Kit



**Childcare supplies and
other special care items**



N95 Masks



OPTIONAL



Optional items for the ready bag include:

- A list of personal contact numbers, including telephone numbers of family members.
- Cash.
- Bottled water and dry foodstuff.
- A set of spare clothing, e.g. T-shirt and track pants.
- A list of emergency numbers, e.g. 995, 999, telephone numbers of the utility companies, insurance companies etc.

TO NOTE:

Points to note for the Ready Bag:

- 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 perishable items in the bag and replace them when needed.
- Periodically replace batteries with new ones and do not place them inside devices e.g. torchlight.

ACTIVITY!



**HAVE YOU
PACKED YOUR
READY BAG?**

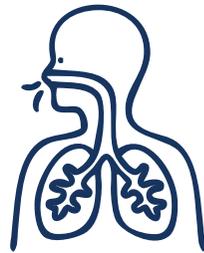


**Differences Between
Emergency and
Non-Emergency Cases**

EMERGENCY CASES



Head Injury



Difficulty in Breathing



Chest Pain



Unconscious



Drowning



Allergic Reactions



Dislocation/Fracture



Severe Burns



**Call 995 for an
emergency ambulance**

NON EMERGENCY CASES



Toothache



Appointments



Minor Burns



Insomnia



**Mild Vomiting
and Diarrhoea**



**Slight Fever,
Cough and Flu**



Slight Abdominal Pain



Sore Eyes

**Call 1777 for a
non-emergency ambulance**

A small fee will be incurred

ACTIVITY!



**In which situation should you call 995
for an emergency ambulance?**



Insomnia



Toothache



Difficulty in Breathing

ACTIVITY!



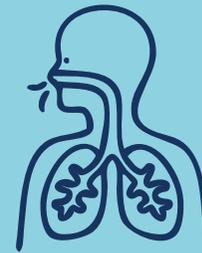
In which situation should you call 995 for an emergency ambulance?



Insomnia



Toothache



Difficulty in Breathing



LET'S LEARN LIFESAVING SKILLS!

FIRST AID



CPR & AED



FIREFIGHTING



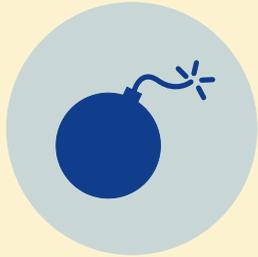
LET'S LEARN LIFESAVING SKILLS!



FIRST AID



IMPROVISED FIRST AID SKILLS (IFAS) PLUS



**Bomb
Blast**



**Vehicle
Attack**



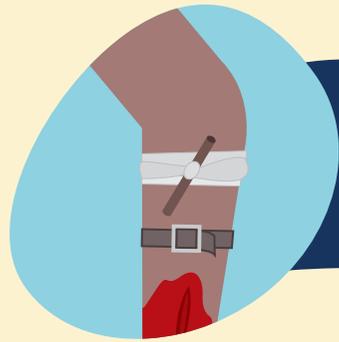
Gun Shot



**Stab
Attack**

In the rare event of a fire arms or weapons attack,

- Excessive bleeding is the main cause of death in a terrorist 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.



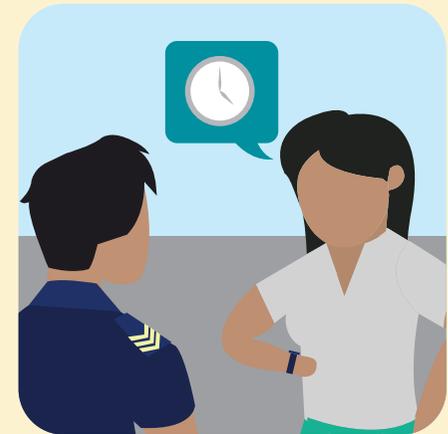
IMPROVISED FIRST AID SKILLS (IFAS) PLUS



PRESS

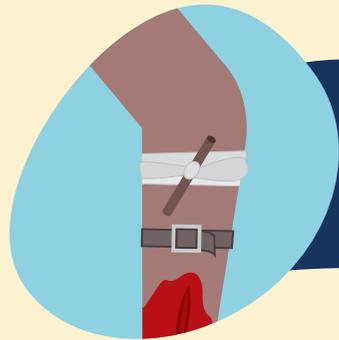


TIE



TELL

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



IMPROVISED FIRST AID SKILLS (IFAS) PLUS



PRESS



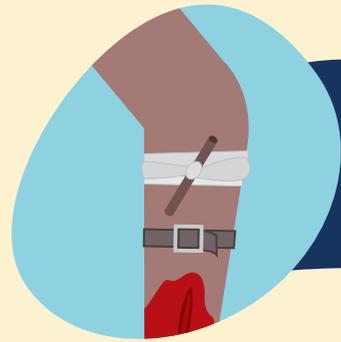
TIE



TELL

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.



IMPROVISED FIRST AID SKILLS (IFAS) PLUS



PRESS



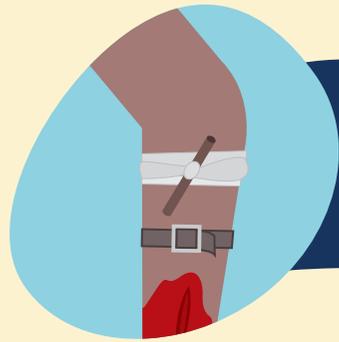
TIE



TELL

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

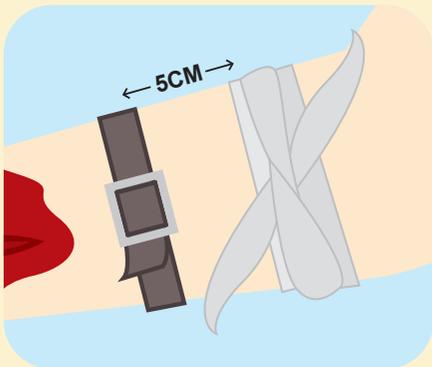
If bleeding still does not stop, apply the windlass technique.



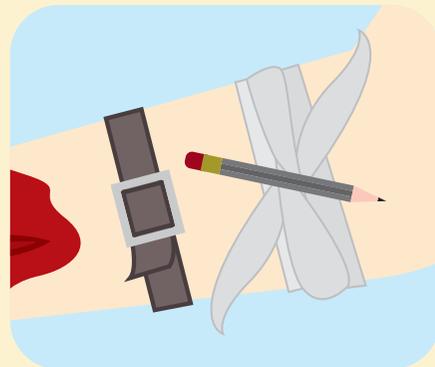
IMPROVISED FIRST AID SKILLS (IFAS) PLUS

Windlass Technique

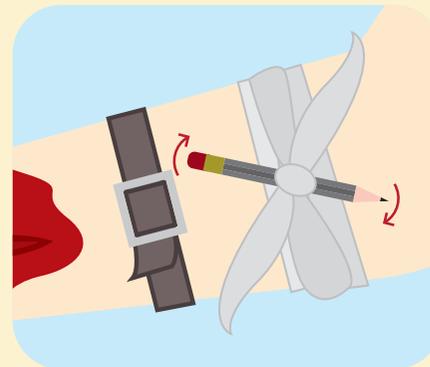
Additional steps if bleeding does not stop after tying.



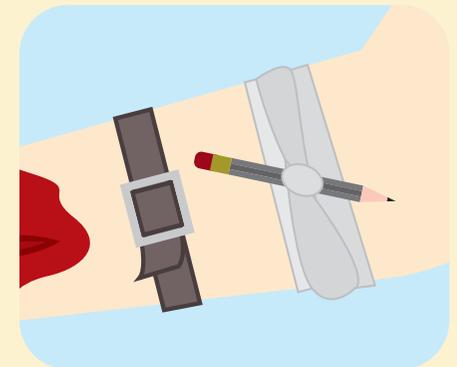
Tie at least 5cm above the first tie.



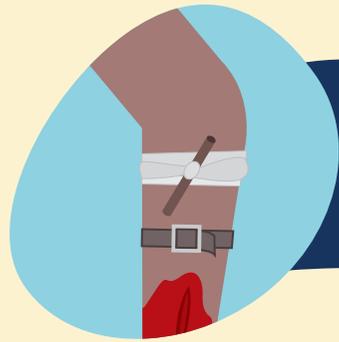
Place a rod (pen or wooden stick) on the second tie and secure the rod.



Turn the rod in one direction until the bleeding stops.



Secure the rod by tying a knot again.



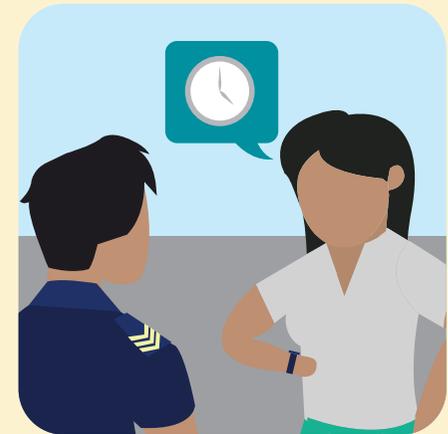
IMPROVISED FIRST AID SKILLS (IFAS) PLUS



PRESS



TIE



TELL

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

ACTIVITY!



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



FIRST AID KIT

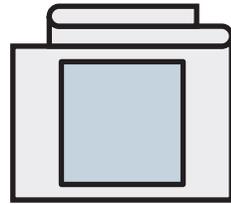
It is strongly recommended that each household be equipped with a first aid kit.

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

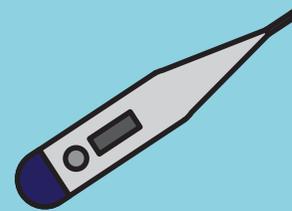
EXAMPLES OF ITEMS IN A FIRST AID KIT



Tweezers



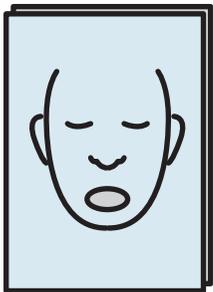
Dressing



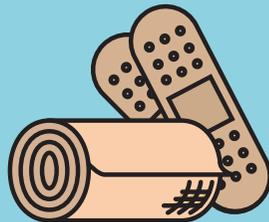
Thermometer



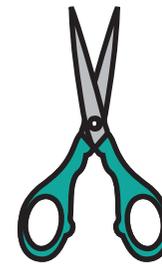
Disposable Gloves



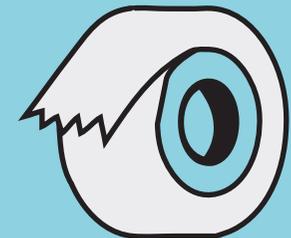
**Resuscitation
Face Shield**



Bandages and Plasters



Scissors



Adhesive Tape

BURNS

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

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



COOL the affected area under running tap water for about 10 minutes



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



COVER the injured area to prevent any infection



CONSULT a doctor (if not serious); otherwise dial 995

WOUNDS

How To Treat Open Wounds?



1. Clean the Wound



2. Dress the wound



**3. Seek medical attention
if necessary**

ACTIVITY!

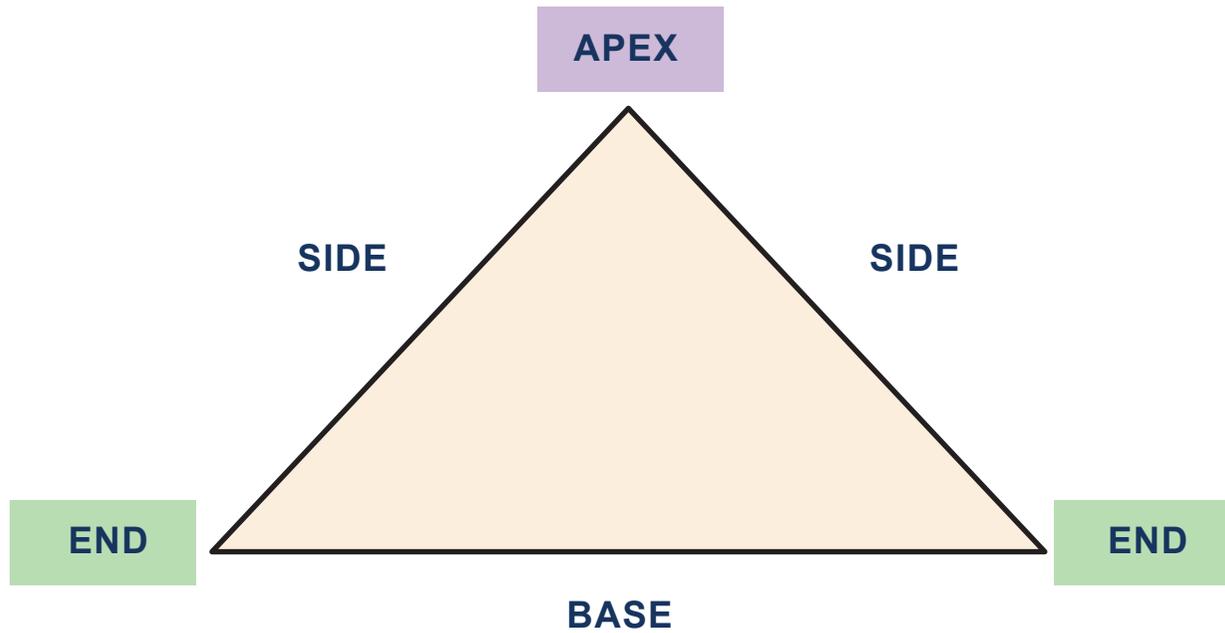


Scenario:
Your friend injured himself
and accidentally cut his palm.

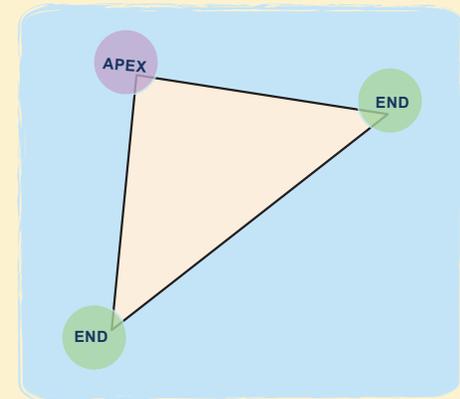
**Use a crepe bandage
to secure the wound.**



TRIANGULAR BANDAGE



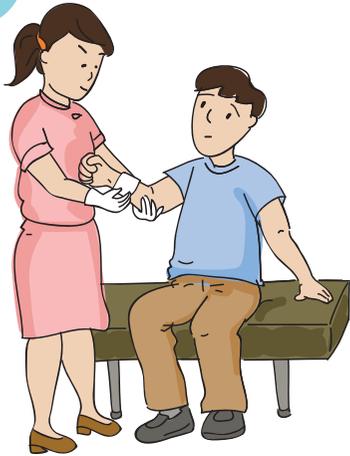
FRACTURE



1

Calm the casualty down.

2



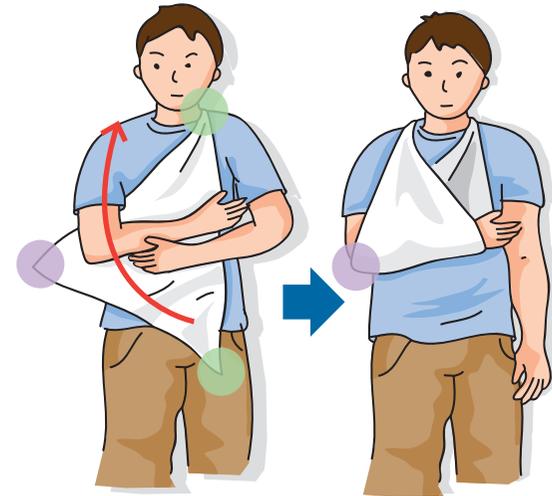
Treat bleeding wounds, if any. For open fractures, stop the bleeding and cover the exposed bone.

3



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

4



Two-step open arm sling

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

ACTIVITY!

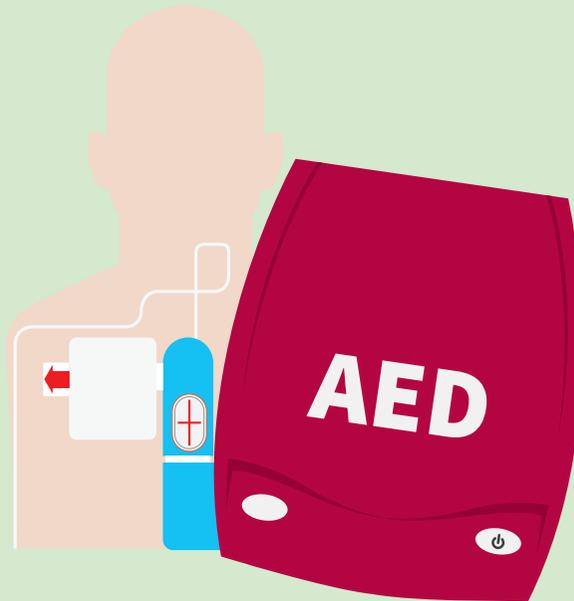


Scenario:
**Your friend injured himself
and accidentally fractured his arm.**

**Use a triangular bandage
to apply the open arm sling**



LET'S LEARN LIFESAVING SKILLS!



CPR & AED



Useful Video Links

What to do in an event of a cardiac arrest: <https://youtu.be/KrxxLyxy1vs>

Learn CPR and How to Use the AED: <https://youtu.be/SJsD7y7skhM>

CPR & AED

How to perform CPR-AED

1



Check Responsiveness
Hello! Hello! Are you okay?

2



**Call 995 And Ask
Someone To Get An AED**

CPR & AED

How to perform CPR-AED

3

Start CPR

Place the heel of your palm on the centre of the chest. Push hard and fast.



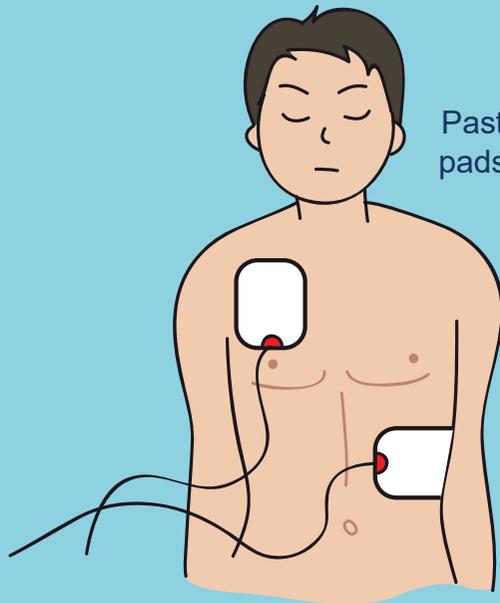
CPR & AED

How to perform CPR-AED

4

Apply AED

Apply AED pads and listen to the instructions



Paste the defibrillation pads onto the casualty as shown.

5

Deliver Shock

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



CPR & AED

How to perform CPR-AED

6

Continue CPR

Continue CPR until the ambulance crew arrives at the patient's side



ACTIVITY!



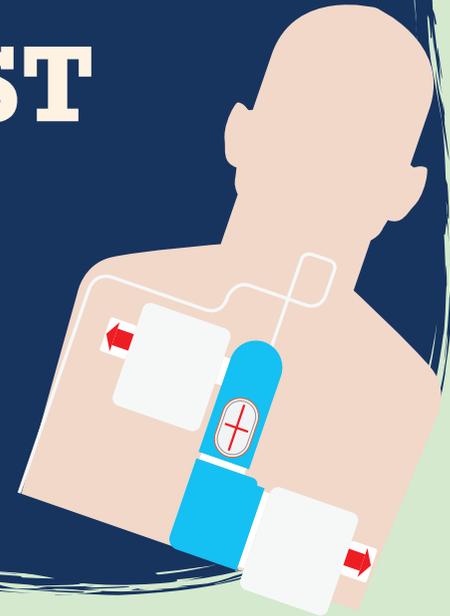
**WHERE IS THE NEAREST
AED AVAILABLE TO YOU?**



ACTIVITY!



**PERFORM 30 CHEST
COMPRESSIONS**



LET'S LEARN LIFESAVING SKILLS!



FIREFIGHTING

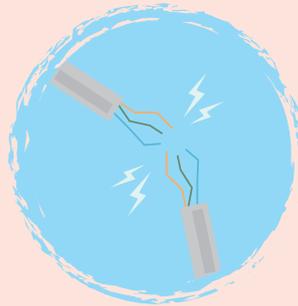


FIRE HAZARDS

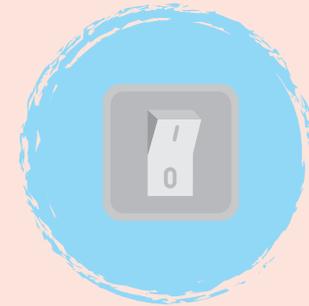
Here are some examples of common fire hazards:



Do not overload electrical outlets. Use an extension socket instead.



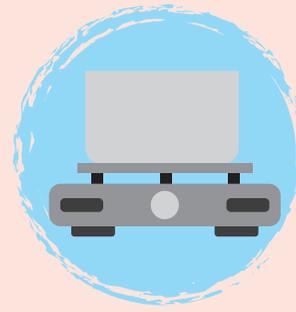
Do not use frayed wires or damaged electrical equipment.



Switch off electrical and gas appliances when not in use.



Do not leave cooking unattended.



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



WHAT TO DO WHEN A FIRE BREAKS OUT

Do not panic

Alert others of the fire by shouting

Activate the nearest fire alarm

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.



In the event that your clothes catches fire:



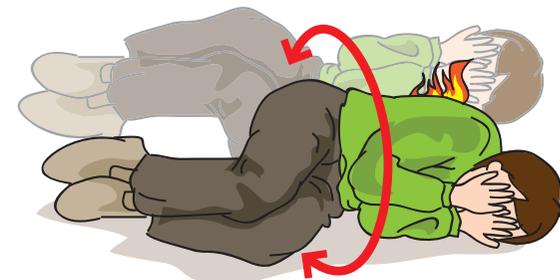
STOP

Stop running and remain calm.



DROP

Drop to the floor immediately.



ROLL

Roll over from side to side while covering your face with your hands to smother the flames.



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.

In the event of any kitchen stove fire:



Turn off the gas supply immediately



Use a lid or wet cloth to cover the wok/cookware



DO NOT pour water into the wok/cookware

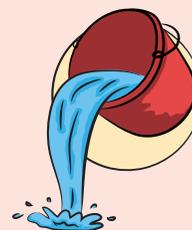


Call 995 for SCDF



RUBBISH CHUTE FIRE

2 ways to extinguish rubbish chute fires



Fill a plastic bag with water



Tie and drop the bag into the rubbish chute



Fill a small pail or scoop with water



Pour it into the rubbish chute

Repeat either of these steps until there is **no more smoke** coming out from the hopper of the chute.



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



Pull

PULL out the safety device of the fire extinguisher



Aim

AIM nozzle at base of the fire



Squeeze

SQUEEZE the top lever of the fire extinguisher



Sweep

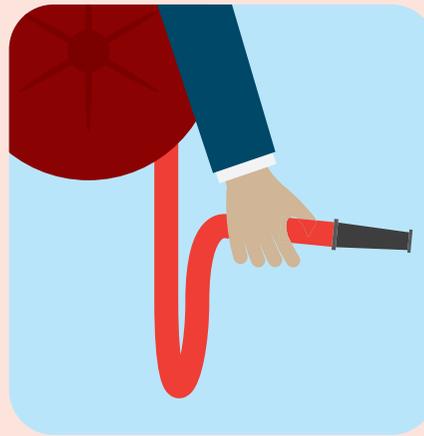
SWEEP the nozzle from side to side while directing the discharge at the base of the fire



To operate a hose reel:



Turn on the hose reel valve in the direction shown (**anti clockwise**).



Pull the hose and run it to the fire



Turn on the water at the nozzle and direct it at the base of the fire

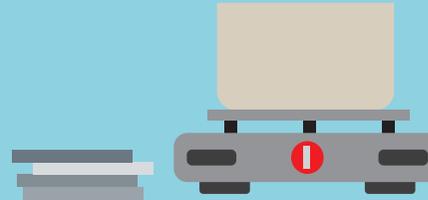
GENERAL FIRE SAFETY



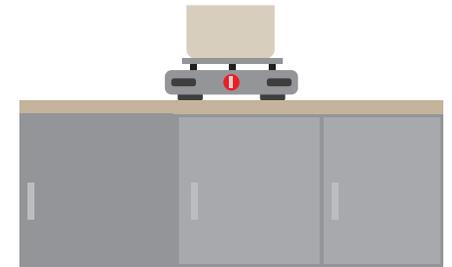
Never leave cooking unattended



Avoid wearing loose clothing when cooking



Keep flammable items away from heat source



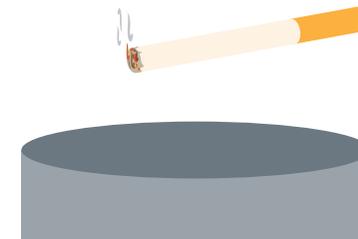
Keep flammable items away from children's reach



Never overload outlets and switch off when not in use



Replace loose wiring



Extinguish burning embers before discarding



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.

In the event of any kitchen stove fire:



Turn off the gas supply immediately



DO NOT pour water into the wok/cookware



Use a lid or wet cloth to cover the wok/cookware



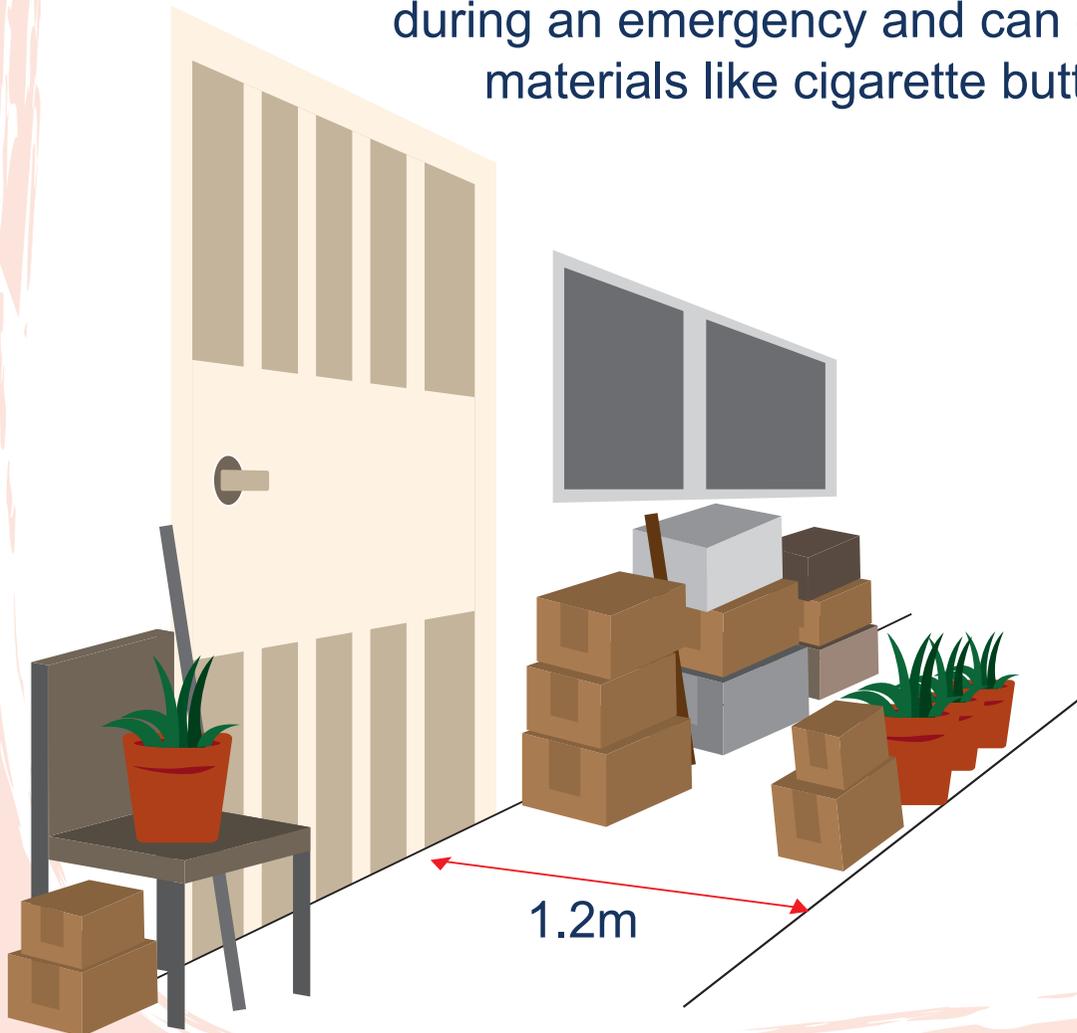
Do use a dry chemical powder fire extinguisher



Call 995 for SCDF

COMMON AREA FIRE HAZARDS

A cluttered common area may **impede smooth evacuation** during an emergency and can **cause fires** when lighted materials like cigarette butts are thrown at them



Do not discard items along corridors, lift lobbies, escape passageways and staircases

Ensure a minimum clear passage of 1.2m

Call the Town Council to arrange for the removal of bulky items



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



Download the myResponder App

LET'S TRAIN TO SAVE LIVES

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



EARLY NOTIFICATION
to SCDF 995 call centre
through mobile phone
geolocation



EARLY CPR
by trained Community
First Responders

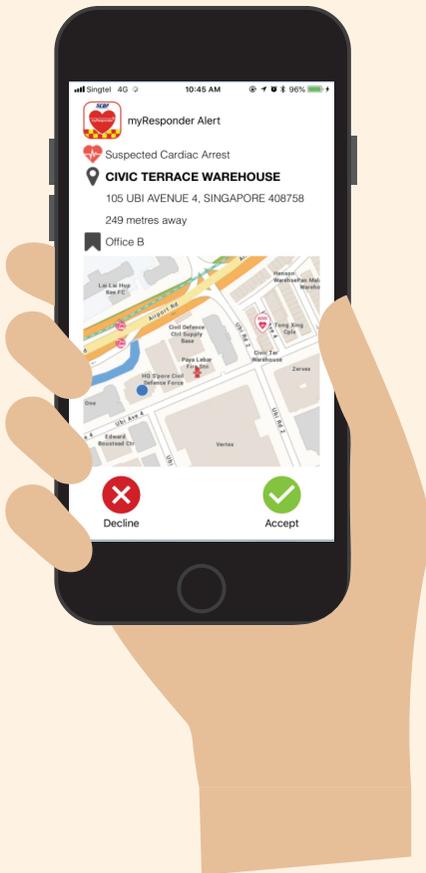


EARLY DEFIBRILLATION
with publicly
accessible AEDs



Download the myResponder App

Features of myResponder mobile app:



Notification of cardiac arrest victims and minor fires near you



Locate the nearest publicly accessible AED



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



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



Download the myResponder App



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