

Every Second Counts

Heart disease is the number two killer in Singapore. When a person collapses due to a heart attack, the first few minutes matter greatly as many lives can be saved if CPR (Cardiopulmonary Resuscitation) is provided in a timely and effective manner.

The Heartsaver Course aims to enable you to respond calmly and effectively in an emergency.

Aim

To provide participants with knowledge on how to identify if someone is having a heart attack and how to apply CPR while awaiting professional medical help.

Course Outline

The course comprises theoretical aspects of heart attack and the risk factors:

- Adult one-rescuer CPR
- Relief of adult foreign body airway obstruction.
- Heimlich Manoeuvre (Abdominal Thrust).

At the end of the course, participants are required to take a theory and practical test. A certificate will be issued to all participants who pass both the theory and practical tests.

Course Details

Language of instruction :	English
Venue :	National Heart Centre Singapore Nursing Development Unit Level 11, 5 Hospital Drive Singapore 169609
Duration :	4 hours (0830 to 1230 hours)
Training Day :	Friday & Saturday
Course Fee :	\$53.50/- per person (Inclusive of 7% GST)
Target Audience :	General Public
Eligible Age :	Between 15 to 60 years old

Attire

Participants are advised to dress in T-shirts and pants/shorts. Female participants should not wear lipstick.

Important Notes

1. If you have been medically advised to refrain from strenuous activity or are having some infectious disease including upper respiratory tract infections and open sores in your mouth, please do not register for this course until you have been cleared by your doctor.
2. Only pre-registered and accepted participants will be notified of the course date.

ADMINISTRATIVE DETAILS

Cancellations : must be advised in writing or via email

- More than 7 working days before the course starts
– 100% refund
- Less than 3 working days before the course starts
– No refund

Note : No deferment is allowed but you may send a replacement

For Enquires / Registration:

By Mail	:	National Heart Centre Singapore Nursing Development Unit Level 11, 5 Hospital Drive Singapore 169609
By Telephone : Ms. Leong May Ling Ms. Jess Tan	:	(0830 to 1730 hours) 6704 2148 6704 2150
By Fax	:	6844 9058
E-mail	:	ndu@nhcs.com.sg
Website	:	http://www.nhcs.com.sg/educationandtraining/trainingprogrammes/publiccourses/Pages/Home.aspx

NATIONAL HEART CENTRE SINGAPORE HEARTSAVER COURSE ENROLMENT FORM (Fax: 6844 9058)

PARTICIPANT DETAILS	
Full Name :	
Gender :	M / F
Age :	
NRIC / FIN :	
Institution :	
Department :	
Address :	
	Postal Code :
Tel / Mobile :	
Email :	
REGISTRATION FEES (Inclusive of 7% GST)	
SGD 53.50 (covers the cost of materials, certificates & refreshment)	
PAYMENT METHODS	
(Please wait for our email confirmation before proceeding to make cash or cheque payment)	
<input type="checkbox"/> By Cash	Please make cash payment at NDU, NHCS Level 11
<input type="checkbox"/> By Cheque	Only cheques from Singapore banks are accepted) Payable to: "National Heart Centre Singapore Pte Ltd".
<input type="checkbox"/> By Invoice - Others	(only for group / corporate registration) Invoice will be sent after the course
Attention to :	
Organization :	
Department :	
Address :	