



Teaching the masses CPR

🕒 PUBLISHED 3 HOURS AGO



We thank Au Eong Tyen Haan for his letter ([Hold CPR training in schools](#); April 25).

Time is of the essence when a person has a cardiac arrest. Treatment must begin as quickly as possible. It is the reason the Unit for Pre-hospital Emergency Care (Upec) put together the Dispatcher-Assisted first Responder (Dare) programme.

The 45-minute, video-guided programme teaches bystanders what they should do as a first responder in a cardiac arrest situation.

B R A N D E D C O N T E N T

**ROBINSONS
EXTRAORDINARY**

I CAME.
I SAW.
I BOUGHT.

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Upec has also worked with the Ministry of Education to include hands-only cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED) in the physical education curriculum. Primary 5 pupils are also taught to recognise the signs of cardiac arrest and what they should do in such a situation. Since last year, CPR and the use of the AED have also been introduced progressively to Secondary 1 students.

To date, more than 71,000 individuals have been trained on Dare. A roadshow on this life-saving programme will be

held at the Toa Payoh Hub on Saturday. We strongly encourage the public to join us. For more information, visit <https://www.facebook.com/daretosaveaheart>.

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Ministry of Health

A version of this article appeared in the print edition of The Straits Times on May 23, 2018, with the headline 'Teaching the masses CPR'. [Print Edition](#) | [Subscribe](#)

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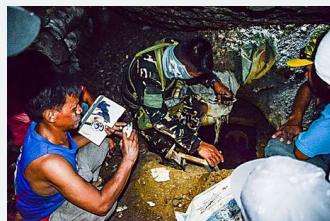
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