

RESCUE 995

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE

HAPPY VALENTINE'S DAY!



TALENTED LIFESAVERS

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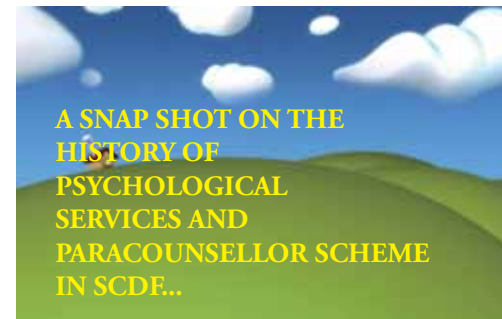


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Hear it all from a Community First Responder...

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Editor's Note:



(Left to Right): SGT Maisya Abdul Karim, winner of the Civil Service Club Singing Star 2015 and Michelle Lim, Rescue 995 Editor.

We started our journey of putting together this issue with a big bang!

We were treated to a spectacular mini-performance by paramedic SGT Maisya Abdul Karim after our interview with her. Needless to say, we were thoroughly blown away as she sang in her sexy husky voice, "you got me begging you for mercy, why would you believe me?" When she had finished crooning the song by Duffy, the editorial team present at the interview session was mesmerised by her voice that is so melodious to the ears and soothing to the soul. It was just too good to be true for us to have such a singing sensation in the Life Saving Force! While this paramedic is no Florence Nightingale, the founder of the modern nursing profession, her vocal power surely resembles that of a nightingale!

Hence we were not at all surprised when she later revealed that she sang the same song by Duffy and won the hearts of the judges during the Civil Service Club Singing Star 2015 competition. What surprised us was the fact that the Civil Service Club Singing Star 2015 was actually the very first singing competition that SGT Maisya has ever participated in

despite being such a fantastic singer. In case you are unaware, SGT Maisya has performed countless of times with the SCDF in-house band before many politicians, foreign VIPs, fellow lifesavers and Home Team officers.

Just as we thought that SGT Maisya's story was mind blowing, the editorial team was tipped off by some of our colleagues about COL Kadir Maideen's completion of 50 Individual Physical Proficiency Tests (IPPT) last year in conjunction with the nation's 50 years of independence. Yes, 50 IPPTs in one year! If you were to do a simple arithmetic, his achievement would translate to 120 kilometres (50 x 2.4km) of running and at the very least, 1500 sit-ups and 1000 push ups in 365 days! Of course, these are just our very conservative and humble estimations of COL Kadir's IPPT performance in 2015. When I asked COL Kadir on the exact numbers, he looked away with a shy smile. After all, he wears the SCDF's elite Disaster Assistance and Rescue Team (DART) tab on his left arm and we heard that his 50 successful IPPTs were over and above his weekly physical training sessions. Most importantly, COL Kadir did not do all of that just to keep fit but was driven by his passion to lead by example as the Director of the SCDF National Service Training Institute.

This issue also packs a heart throbbing story featuring some of our suave and talented newly commissioned Senior Officers who have graduated from the 12th ROTA Commander Course at the Civil Defence Academy last month. If you think they are merely fire officers or lifesavers, you are in for a real surprise. We have given this story a light-hearted spin specifically to suit the ongoing mood of Valentine's Day. Who knows, it might be a helpful guide to all hopeful singles or would be love birds out there!

On that note, we wish our Chinese readers a prosperous Year of the Monkey and to all, we hope you would enjoy this light-hearted issue of Rescue 995.

Michelle Lim
February 2016
Editor, Rescue 995
Public Affairs Department

ONLINE CONTENTS

— *facebook.com/SCDFpage*



facebook
Singapore Civil Defence Force
57,527 likes

Singapore Civil Defence Force
January 31 at 9:30pm

[LIVE] Officers perform a height exercise to assess their ability to operate under physically demanding conditions.

7,142 Likes, 383 Comments, 2,610 Shares

Singapore Civil Defence Force
January 11 at 5:07pm

Be like Bill. Give way to emergency vehicles.
#ANationofLifesavers

THIS IS BILL.

BILL SEES A FIRE ENGINE IN HIS REAR VIEW MIRROR.

BILL GIVES WAY TO THE FIRE ENGINE.

BILL IS SMART.

BE LIKE BILL.

2,382 Likes, 75 Comments, 3,605 Shares

Singapore Civil Defence Force
January 19 at 2:45pm

These boots may be different, but their mission is the same. Our firefighters and paramedics work round the clock to protect and save lives and property. This is more than just a job - this is a calling.

Photo by Edwin Wong (Central Fire Station)
#ANationofLifesavers #samesamebutdifferent

1378 Likes, 34 Comments, 28 Shares

ONLINE CONTENTS

– twitter.com/SCDF



Tweets Tweets & replies Photos & videos

TheLifeSavingForce @SCDF • Feb 15

The "Important Message" signal will be sounded through the island-wide PWS sirens at 6.20pm today. Don't be alarmed.

23 4
RETWEETS LIKES

Tweets Tweets & replies Photos & videos

TheLifeSavingForce @SCDF • Feb 14

If things get too hot this Valentine's Day, remember to Stop, Drop and Roll.

Love,
#TheLifeSavingForce

46 19
RETWEETS LIKES

Tweets Tweets & replies Photos & videos

TheLifeSavingForce @SCDF • Feb 7

Xin Nian Kuai Le! Rmb to watch over children playing with sparklers & ensure they don't Monkey around with matches!

12 12
RETWEETS LIKES

Tweets Tweets & replies Photos & videos

TheLifeSavingForce @SCDF • Jan 30

Today, we run for cancer awareness. Together, for a cancer-free tomorrow. Today, we run for hope.

#RunForHopeSG

8 15
RETWEETS LIKES

SCDF wishes all a Happy Valentine's Day!

ONLINE CONTENTS

– *Instagram* #ANATIONOFLIFESAVERS



Instagram

Here's a compilation of the eye-catching pictures posted on Instagram by users who used the #ANationOfLifesavers.

Capture your memories with the SCDF on your Instagram accounts with the same hashtag and stand a chance to have your pictures featured in Rescue 995!



VOICES FROM THE HEART

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

I called 995 for help after realising that my wife's water bag had burst when we were at home. SGT Sanip, SSG Jason, LCP (NSF) Samuel and PTE (NSF) Thomas from the Ang Mo Kio Fire Station were extremely reassuring and professional when handling our situation.

Our baby was delivered on the ambulance when we were on our way to the hospital. To the unsung heroes, my wife and I will forever be grateful to your team! You guys ROCK!

Khairul



CONGRATULATIONS!



Picture (left to right): WO2 Casey Tan, SGT Azmi, LCP (NSF) Helmi and LCP (NSF) Syafiq

WO2 Casey Tan was there to guide and care for me while I was delivering my baby at home. The rest of the team also encouraged me throughout the journey of my delivery. Thank you so much for your patience, care and help!

Rusha

The Disaster Assistance and Rescue Team Rota (Shift) 3 did a good job at the HDB's Safety Promotion Week. We look forward to more collaboration in the future. Well done!

*Lim Boon Huat
China Construction (SP) Dev
Pte Ltd*

SGT (NSF) Aidil from the Tampines Fire Station was off-duty when he attended to a lady who was suffering from fits. He rushed down from the bus when he witnessed the commotion and immediately took over the situation in a professional manner. While he monitored the condition of the lady, he also prompted for someone to call 995.

Mr Ng

CPT Stuart Koh identified himself as a SCDF officer when he first approached an injured old man. Before the arrival of the SCDF paramedics, he went on to render First Aid to the old man's ankle that was bleeding.

Such civic-mindedness portrayed by your SCDF officer is indeed commendable! Thank you for going beyond your call of duty.

Joyceline and Cheng Hock

Our visit to the Central Fire Station was a very exciting and meaningful one. Our boy who is four years old this year was still bubbling away hours after we left the fire station. During our visit, he was given a fireman's hat and this gift will definitely get a special place in his cabinet. Thank you so much for your contributions and keep up the good work!

Torsten Kleine Buening

On behalf of Sengkang Health, we would like to extend our heartfelt appreciation for the enthusiasm and effort to make the SCDF Operational Exercise at Alexandra Hospital such a success.

We were very impressed by the level of professionalism, well-executed and swift response from your team who were involved in the drill. The experience proved to be both an eye-opening as well as a true learning experience for us. The level of awareness in firefighting and evacuation procedure has certainly risen as a result.

We would also like to take this opportunity to thank SGT Bryan and SGT Aszri for coming down to the hospital to brief and discuss with us the details and the sequence for the actual fire drill. It was a pleasant experience working with your team.

We look forward to continuing this close collaboration and partnership with SCDF in the future.

Rajesh Jumar Mahalingam

The SCDF Marine Command... 4 years on

SSG Mohamed Nazli Bin Abdul Rahim
Marine Section Commander
West Coast Marine Fire Station



On 1 April 2012, the SCDF officially took over the marine firefighting and rescue functions from the Maritime and Port Authority (MPA) of Singapore. On the same day, the West Coast Marine Fire Station became the first operational Marine Fire Station under the SCDF Marine Command (MC).

SCDF has also been actively building its marine firefighting and rescue capabilities. Since the formation of the SCDF Marine Command, two fire stations namely the West Coast Marine Fire Station and Brani Marine Fire

Station have been established. The Brani Marine Fire Station co-locates with the headquarters of the SCDF MC.

While ensuring that there are sufficient establishments that will provide swift and efficient response to emergency fire and rescue cases within the Singapore waters, the SCDF MC has also been active in acquiring the marine firefighting and rescue equipment and vessels. For example, the SCDF is currently equipped with Marine Fire Vessels (MFVs) that sails at a speed of 15 knots or about 28 kilometres

per hour and has a firefighting pump capacity of 40,000 litres of water per minute which is equivalent to the pump capacity of 10 fire engines.

On 12 March 2013, the first two MFVs were officially commissioned as Firefighter 1 and Firefighter 2 respectively by Mrs Iswaran, wife of Mr S Iswaran, Minister for Trade and Industry.

Apart from the hardware, the SCDF has also been actively providing training opportunities for the SCDF MC

emergency responders. One such avenue is the recently launched Ship Firefighting facility located within the Home Team Tactical Centre, a training ground which can be customised for different scenarios.

Other than the specialised trainings, the SCDF MC has also been actively engaging SCDF's overseas partners for exchange programmes. One of such exchange programmes is the attachment to the Marine and Offshore Islands Division of the Hong Kong Fire Service Department (HKFSD) in late 2015.

Five emergency responders from the SCDF MC spent seven days with the HKFSD to better understand their daily duties, responsibilities and challenges. Like the SCDF MC, their Hong Kong counterparts also spent a great deal of efforts to determine the most effective ways to put out fires that occur on waters out at sea.

Many of the HKFSD marine firefighting methods rely primarily on the use of monitors, equipped to provide the emergency responders with an overview of any emergency situation. These monitors which

support their firefighting operations are also installed onto their smallest boats. While studying the HKFSD marine firefighting technology and capabilities, the SCDF MC emergency responders who went for the attachment also had the chance to observe an actual marine firefighting and rescue operation which occurred in Hong Kong. Not only have they witnessed the swift evacuation process that took place alongside the firefighting operations, there were also many invaluable lessons which can be applied to our local context.

It may have been barely four years since the establishment of the SCDF MC but a lot of efforts have already been invested into making it a holistic and efficient MC in saving lives and property within our territorial water. 🚒

Alexandra Fire Station

SGT Md Tamimi Bin Md Mamsi
ROTA Commander (ROTA 3)
Alexandra Fire Station

Alexandra Fire Station was bustling with excitement on a Saturday morning on 19 December 2015 as more than 100 visitors comprising children and youth volunteers from Abdul Hamid Mosque visited the fire station open house. Not only were they given an opportunity to handle a charged firefighting nozzle, they also donned the firefighting bunker gear.

During the hour long tour, the firefighters from Alexandra Fire Station demonstrated the use of fire extinguishers to put out small fires. Armed with a wealth of firefighting experience, the firefighters were able to candidly answer all the questions posed by their young and eager audience. While it was a maiden experience for some of the children and youth volunteers, they were not at all deterred from mustering the firefighting techniques of quickly putting out the simulated wok fire.

Apart from the hands-on experience, the group was also introduced to some of the operational capabilities of Alexandra Fire Station. They witnessed at close range the slew of emergency vehicles at the station. The Light Fire Attack Vehicle (LFAV) was one of the few vehicles that every children could not get their hands off. Most if not all of them including the youth volunteers were busy snapping selfie and wefie pictures of the sleek looking LFAV which is also the SCDF's very own innovation. Some of the children even sat on the driver's seat of the stationary LFAV and pretended to be responding to an emergency call.

Co-located with the 1st SCDF Division Headquarters, Alexandra Fire Station also houses the Hazardous Materials (HazMat) response capabilities. Its personnel are trained and equipped with the capabilities to mitigate the release of HazMat substances as well as rescue and decontaminate casualties who are exposed to the HazMat substances.

Just as the hour-long tour was about to end, the SCDF personnel in Alexandra Fire Station were alerted to a fire call. This also presented an excellent opportunity for the highly excited guests to witness for themselves the swift movements of the lifesavers in putting on their bunker gear and jumping into the LFAV to attend to an emergency call. These lifesavers have to leave the fire station within 60 seconds from the time of being alerted to a distress call.

As the LFAV sped off the fire station, it also marked the end of the tour for the guests. What a dramatic end for an engaging station open house! I am sure the children and the youth volunteers have found the tour enlightening and enjoyable as much as my Rota personnel and I had. 🚒



CPL Sam Teo (left) and SSG Tan Woon Te (right) inspired and encouraged CPL (V) Zan Ng (middle) to join the CDAU.



CDAU (EMS) volunteers from the Batch of 2015. PLL

Volunteering with the Civil Defence Auxiliary Unit (Emergency Medical Services)

A Reflection by CDAU paramedic CPL Zan Ng Zhe Yan, Phase V Medical Student, Yong Loo Lin School of Medicine, National University of Singapore.


CPL Zan Ng Zhe Yan
CDAU Volunteer

A strident siren shatters the stillness that permeates the Fire Station, as a computerized voice announces the call text of yet another 995 call. Dropping everything we are doing, I grab my stethoscope and the medic his walkie-talkie, and we scurry after our paramedic who has already hopped onto the ambulance.

The ambulance door slams shut, I swiftly pull on my blue Latex Gloves while muttering a quick prayer that I will be competent enough to contribute more to this case than the last, and we are on our way. The adrenaline coursing through my veins, and list of differential diagnoses running through my mind, almost parallel to the speed at which the ambulance hurtles towards our destination. This is all in a day's work since I started volunteering with the Civil Defence Auxiliary Unit (CDAU) Emergency Medical Services (EMS) vocation.

The CDAU was launched in 2006 to provide an avenue for civilians to volunteer their service with the SCDF. Comprising six vocations including the EMS, firefighting and rescue, and public education, CDAU officers complement the SCDF workforce by performing frontline duties alongside regular officers while donning the SCDF uniform.

During my ambulance attachment as part of the Phase IV Emergency Medicine rotation, I immediately fell in love with the nature of frontline duties performed by the SCDF first-responders. The paramedic and medic whom I was attached to introduced me to the CDAU, and strongly encouraged me to volunteer with the EMS and further develop my interest for pre-hospital care.

And I did just that, sans hesitation. In a bid to be qualified to serve as an auxiliary paramedic, I underwent a six-week training course alongside 28 others from all walks of life, picking up skills in prehospital care which were otherwise not taught in medical school. Equipped with these skills and a passion to serve, I jumped right into volunteering at the Fire Station that I was deployed to, for the required minimum of 16 hours of duty per month.

Looking back, my journey in the CDAU has been challenging but fulfilling thus far. Pre-hospital care is extremely different from the hospital care which medical school has trained me to provide, and I was initially excited at the chance to translate



CPL (V) Seah Pei Zhen (left), a Phase I student at YLLSoM whom I completed the training course with. She decided to join the CDAU as “it is exciting and thrilling to attend to ambulance calls with the professionals of the field of pre-hospital care.”

my passion in emergency care into a meaningful volunteering endeavour.

Meaningful it was indeed, and I learnt more than what I could give. I witnessed first-hand how the maxim of “to cure sometimes, to relieve often, to comfort always” was exemplified by the paramedics for each case we attended to, and how for patients at their greatest times of need, small gestures can make a huge difference in alleviating their suffering. I had the rare privilege to get a glimpse of the myriad home environments of patients and gaining a better understanding what may precipitate their presentations—something I can only picture in my head while taking histories from patients in the ward.

I also had the invaluable opportunity to make clinical assessments of

undifferentiated patients at their most acute presentation, oftentimes without the luxury of access to past medical records.

However, it has not been an easy task juggling my CDAU duties with the rigors of the final year curriculum, for there is always the perennial problem of insufficient time. It was always a struggle to attend each training session after finishing a gruelling day of Student Internship Program (SIP) in General Surgery, and to slot in half to full shifts between lectures on the weekends. At such trying moments where the struggle between devoting time to studying and volunteering for CDAU shifts is very real, I try to strategize shifts right after lectures, and to maximize the lull time during shifts by bringing studying materials to the fire station and discussing cases with my paramedic.

Moreover, treating each patient encounter on shift as a learning experience motivates me to think through differentials and revise the pre-hospital and hospital managements of each condition. Most importantly, keeping the reasons behind joining the CDAU in mind always spurs me on.

At the recently concluded Home Team Festival 2015, a biennale public showcase of the Home Team’s capabilities, I had the pleasure of meeting up with COL (Dr) Ng Yih Yng, Chief Medical Officer of the SCDF and Emergency Medicine consultant at the Singapore General Hospital.

When asked about what he would like to share with medical students from the Yong Loo Lin School of Medicine, he had the following to say, “As medical students, volunteering on SCDF



With COL (Dr) Ng Yih Yng (right), Chief Medical Officer of the SCDF and Emergency Medicine consultant at the Singapore General Hospital.

“As medical students, volunteering on SCDF ambulances can be a very fulfilling experience because it allows you to walk an additional mile in the footsteps of the patient. Medical emergencies can happen to anyone, at any time; it is a humbling and rewarding experience to enter someone’s home and be able to comfort and help them.”

COL (Dr) Ng Yih Yng

ambulances can be a very fulfilling experience because it allows you to walk an additional mile in the footsteps of the patient. Medical emergencies can happen to anyone, at any time; it is a humbling and rewarding experience to enter someone’s home and be able to comfort and help them”.

He also added that since most of the clinical training in medical school is ward-based where patients have already been stabilized, “responding to actual incidents where patients are in their greatest need allows you to appreciate experientially what patients are talking about”. Moreover, the volunteering journey can extend beyond medical school, where “as doctors, you can work with us in your professional capacity, to help teach paramedics or even develop new clinical protocols to improve patients’ lives.”

To me, it is an immense privilege to be able to help others in their greatest times of need, and a humbling experience when patients completely put their trust in us as first responders to render the best care possible. Each call has been a diagnostic challenge and learning opportunity thus far, and I really enjoy learning from the paramedics and teaching the paramedics and medics whom I go on shift with.

My experiences in the CDAU will shape me to become a better doctor, and I sincerely hope that my medical training would eventually allow me to positively contribute to the pre-hospital care of the patients that I attend to.

All in all, I am thankful for this opportunity, and look forward to serving society both as a doctor and as a volunteer with the CDAU in the many years to come. 🚑

Credits: Medicine. (2016, February). Volunteering with the Civil Defence Auxiliary Unit (Emergency Medical Services): A Reflection. Issue 17. Pages 12 and 13.

Life lessons were also aplenty, and here are my greatest takeaways:

- Emergencies are unprejudiced to age, race, religion and social status; they can strike anyone, anywhere, at one’s least expected moment. We should cherish every day with our loved ones, for the vicissitudes of life may make any moment anyone’s last.
- Healthcare professionals of today operate in a world where cameras and other recording devices are ubiquitous, and every move recorded may become medicolegal material. Instead of decrying this, we need to learn to adapt to operating in a world where this is a sine qua non, and deliver the best care we can.
- Regardless of a patient’s appearance or how poorly they treat you, try to look beyond that as you are seeing them at their worst, and aim to treat every patient as if they were your family member.
- Be a good listener; never brush aside a patient’s complaints as insignificant.
- Never stop asking yourself, “What else could this be?” Strive to be the best you can be, and review each patient encounter and question yourself if you could have provided care in a better manner.

50 times of IPPT.



Up to the Challenge?

Well, he completed the Challenge!

To many people, COL Kadir Maideen looks just like any other ordinary person who usually adopts a humble and soft-spoken persona during his day-to-day interaction with his colleagues.

With 21 years of distinguished service with the Life Saving Force, he has accumulated numerous achievements and accolades under his belt.

Apart from having been the Commander of the SCDF's elite Disaster Assistance and Rescue Team (DART), he was also honoured with the Medal of Valour for leading his DART specialists in the intricate and highly challenging search and rescue operation round the clock during the Nicoll Highway Cave-in Incident in April 2004. Till date, he has been deployed overseas to four SCDF Operation Lionheart humanitarian and disaster relief missions, including Muzaffarabad, Pakistan, and a few other overseas humanitarian missions under the ambit of the ASEAN and United Nations.

Clearly, this ordinary looking man is armed with extraordinary capabilities. His operational experience has shaped him to become a mentally resilient individual who constantly strives for excellence.

After assuming the appointment of Director of the SCDF National Service Training Institute (NSTI) on 15 January 2015, he set a goal for himself to complete 50 Individual Physical Proficiency Tests (IPPTs) within a year. Besides his intention to do so in honour of the nation's 50 years of independence, COL Kadir mentioned that his original intention was also to create opportunities for him to get up close and personal with his men, the SCDF regulars, recruits and Operationally Ready National Servicemen (ORNSmen).

From his personal experiences, he knew that turning up in his physical training attire would allow him to better interact with them as compared to donning his full uniform where the epaulettes on his shoulders "would tell it all."

With 52 weeks in a year, COL Kadir had to complete several IPPTs every week in addition to juggling with his own work priorities throughout last year.

"On some days, my schedule will be packed with back-to-back meetings and by the time I am done with work, it would already be in the evening for me to commence on my IPPT", he said.

COL Kadir spent a considerable time at the running track of the NSTI each week. At numerous 2.4km runs along the running track, he would motivate individuals who have slowed down in pace.

COL Kadir added that when he ran past those who were lethargic and on the verge of giving up, he would spur them on by uttering, 'Come on! Pace yourself well! You can do it!' One of the regular officers whom COL Kadir told to press on during a 2.4km run informed him later that his words of encouragement had indeed been helpful in making him attain a better timing for his run. This officer went on to train harder and on his second IPPT attempt, he attained a gold award!

While some of the men were aware that they have been motivated by the Director of NSTI, many were oblivious.



Kadir Maideen

December 24, 2015 at 11:52am

Early this year, I was posted to the National Service Training Institute (NSTI). I gave myself a challenge and that is to complete 50x IPPT within a year. The 50x coincides with SG50.

I also saw it as a chance for me to join the recruits and National Servicemen who were undergoing their In-Camp Training at the NSTI. In the course of doing so, I had on many occasions been able to motivate the SCDF servicemen to push harder to achieve better results. I hope that it also spurred on the rest to prepare early and do well in their IPPT.

I had finally completed my 50th IPPT yesterday afternoon, together with the Officer Cadets from the 13th ROTA Commander Course who were here in NSTI for their Acculturation Program. At the end of it, I also had the chance to share with them on how important it is for SCDF officers to remain fit and healthy.

Finally, I would like to thank my team of Physical Training Instructors from the Physical Training Centre for facilitating my many IPPTs. In particular, I would like to express my appreciation to CPL Wai Chun Kang for keeping records of my personal scores. Most importantly, a big Thank You to those who have been motivating me to reach my target!

100 Likes, 23 Comments

Upon completing the 50 IPPT Challenge, COL Kadir updated his personal facebook account to thank those who have supported him along the way.

Once, COL Kadir, clad in his physical training attire, met an ORNSman at the push up station. The ORNSman did not know the identity of COL Kadir. As they have been paired up at the station, the ORNSman started to inform COL Kadir his weaknesses at IPPT. COL Kadir then took the opportunity to shed light on how the ORNSman could strategize his relative strengths and weaknesses at the various IPPT stations.

"We had a casual but highly informational conversation. I am glad I was able to share with him on how he could train up to enhance his IPPT performance. What is most memorable about the conversation is that he told me he is a chicken rice store owner. Hahaha!", COL Kadir chuckled.

2015 has been a fulfilling SG50 for COL Kadir for apart from attaining his goal of completing 50 IPPTs within that year, he also became better acquainted with many of his men, be it regular officers, recruits or ORNSmen in the course of his frequent weekly training and IPPT. Such acquaintances and his familiar weekly presence on the running track of NSTI had inspired and motivated his men to do better in their IPPT.

COL Kadir humbly admitted that IPPT has never been his forte. It was also for this same reason that he was able to connect with those who struggled in their every IPPT attempt. In his words, "IPPT keeps us physically fit. With training, we will definitely become better. I have witnessed it for myself and in the past year, I have seen many individuals breaking their own personal records. Continue to train and you will definitely be rewarded with your desired IPPT silver or gold tab." 🏆





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
 - Pasir Ris West
 - Bukit Panjang
 - Radin Mas
 - Choa Chu Kang
 - 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:



Maisya, SCDF's Crooning Nightingale





Maisya, SCDF's Crooning Nightingale

You may have already known who SGT Maisya Abdul Karim is. If not, you would have at least heard her singing at one of those Home Team events which you had attended. Some even describe her as “the fabulous Malay lady who can sing Chinese classical songs”.

It is no surprise that SGT Maisya has always enjoyed singing. Even though she only started singing when she was in Secondary school, she has never once taken part in any singing

competition. She only became serious about her passion for singing when she enrolled as a member of the then SCDF in-house Combo Band about 15 years ago.

SGT Maisya recalled that she was only a paramedic trainee when she was encouraged to go for an audition to join the SCDF Combo Band. While she was unable to recall the song that she sang during the audition, she could vividly remember feeling jittery and anxious throughout the audition.

“I was elated and over the moon when I was notified that I have been selected to be part of the SCDF Combo Band. I really did not expect that! Who would have known that this career would actually allow me to save lives as a paramedic and yet at the same time, pursue my deep interest in singing”, exclaimed SGT Maisya.

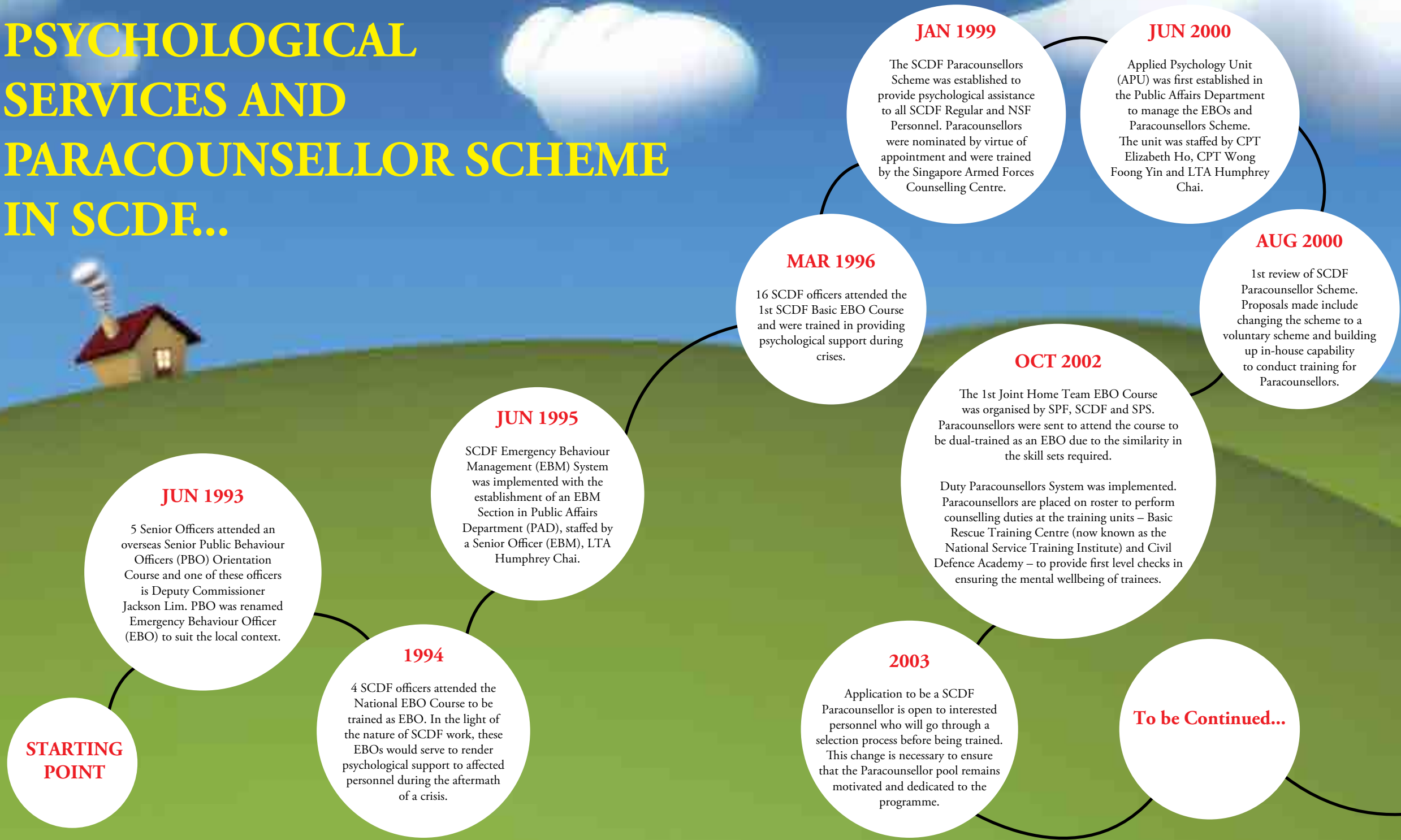
The SCDF Combo Band, which was subsequently renamed to the Music and Performance Art Club (MPAC), became an avenue in which SGT Maisya not only acquired her professional vocal trainings but also the opportunity to perform before politicians, foreign VIPs, fellow lifesavers and Home Team colleagues.

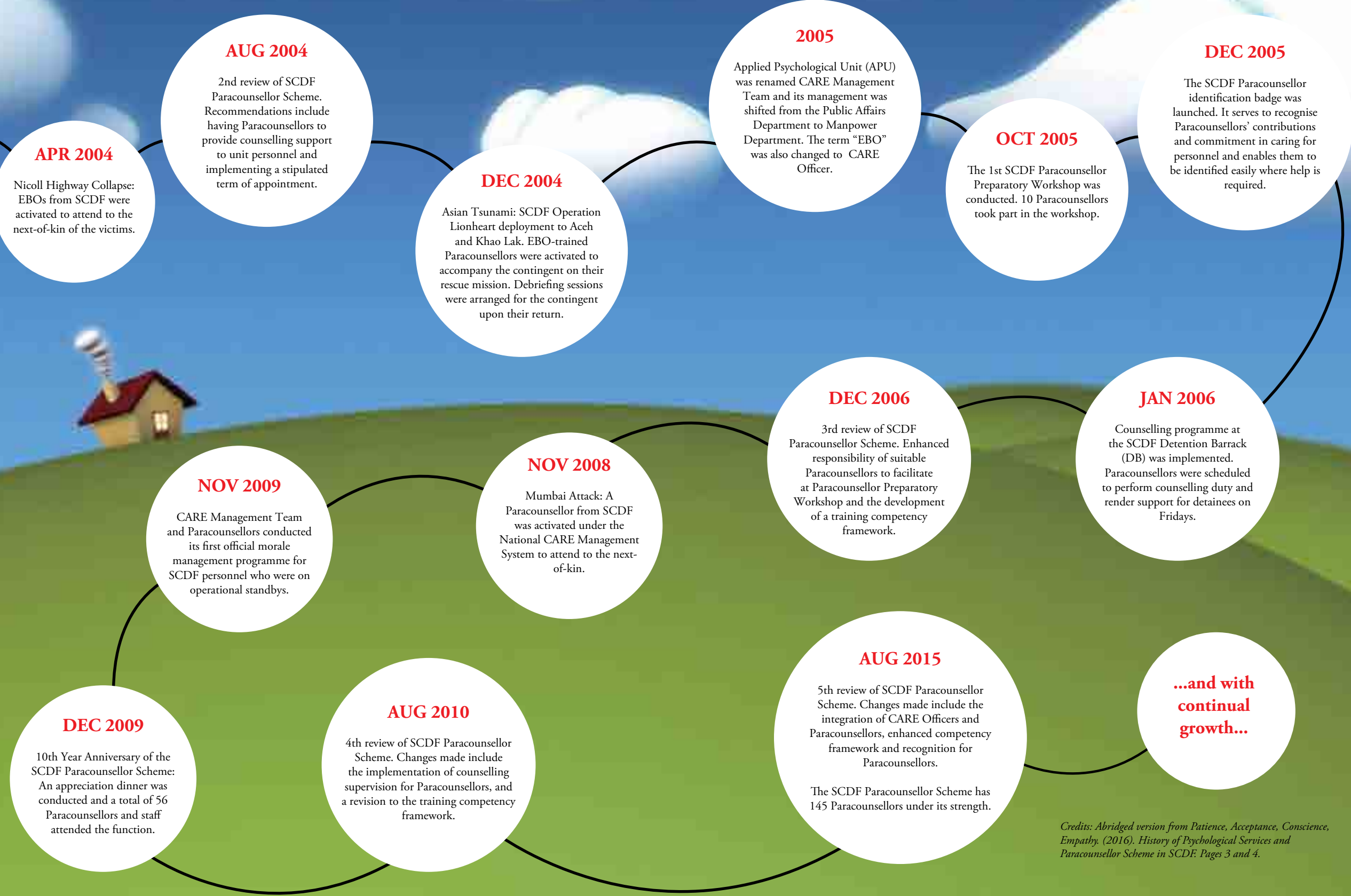
Despite such talent, it was not until last year that she participated in her first singing competition – the Civil Service Club Singing Star 2015. SGT Maisya excitedly said, “During that competition, I was really very nervous as I have never ever taken part in any talent or singing competition.” When asked if she took special effort to train up for the competition, she candidly admitted there was none except for her fortnightly casual family karaoke sessions. She added that nearer to the competition, she started drinking honey and water infused with lemon to sooth her throat.

During the competition, she perfected her two songs namely ‘Saving all my love for you’ by Whitney Houston and ‘Mercy’ by Duffy. The former has always been her all-time favourite song in which she spent years mastering it. SGT Maisya surely did not disappoint her supportive family members, paramedic husband, three children, as well as her supporters for she emerged as the Champion for her very first singing competition in the Civil Service Club Singing Star 2015.

Before we bid farewell, SGT Maisya passionately said, “A deep sense of happiness engulfs me whenever I sing. It takes me out of this world such that I become oblivious of my surroundings, at least until my last lyrical verse.” Indeed paramedic SGT Maisya is no Florence Nightingale, the esteemed founder of the modern nursing profession, but her vocal power surely resembles that of a Nightingale as she sings from the heart. 🚒

A SNAP SHOT ON THE HISTORY OF PSYCHOLOGICAL SERVICES AND PARACOUNSELLOR SCHEME IN SCDF..





Credits: Abridged version from Patience, Acceptance, Conscience, Empathy. (2016). History of Psychological Services and Paracounsellor Scheme in SCDF. Pages 3 and 4.



(Left to Right): SWO Rahah Bte Mohamed (EMS Specialist, 1st SCDF Division/ Ops Branch) and LTC Tan Teck Ming (SSO Hazmat Security, Hazmat Department)

Hear from the Paracounsellors

Both SWO Rahah Bte Mohamed and LTC Tan Teck Ming are dedicated Paracounsellors who joined the scheme in 2006 and 2010 respectively. They are two out of the many Paracounsellors who have contributed to the psychological wellbeing of SCDF personnel by rendering support to both NSF's and regulars during crises or times of difficulties.

What made you decide to join the scheme and be a Paracounsellor back then?

R: I was the Paramedic OIC of the station in 2006 and joined because of concern for my colleagues. When I first became a paramedic, the age gap between everyone was not that wide. As the years went by, the age gap got wider so I had difficulty communicating with the younger generation. Being in the scheme really helped me learn some skills so that I could

bridge this communication gap between me and my younger colleagues.

TM: Similar to Rahah, I decided to sign up to be a Paracounsellor because of the people who were under my charge, especially the younger generation. When the scheme was introduced, I thought it would be a good way to gain an additional skill set so that we can better help our men.

RESPONDER'S DIARY

How do you think the training you have received as a result from being a Paracounsellor has helped you in your job?

R: The skills we have learnt are very versatile. Besides work, I am able to apply the skills I've learnt for myself. Whenever I encounter problems, I have learnt not to let my emotions take over – this way, problems become easier to handle.

TM: I definitely agree. The skill sets we picked up along the way through the courses definitely helped us in our work. We deal with a lot of people and the skills we have learnt can be applied regardless of what we are doing. EBSC has also helped a lot in providing feedback and guidance for us, and this is very important especially for new Paracounsellors.

R: Of course, the strong support from one another among the Paracounsellors on the ground definitely helps a lot!

Your jobs can be quite hectic and yet you remain very active in your secondary appointment as a Paracounsellor. How do you manage your time and cope with these responsibilities?

R: Actually I don't even think about it. Because I'm a senior and I'm in charge of some of the men, when they come to me with a problem, it's already part of my daily job to listen. Being a Paracounsellor is not always a separate role!

TM: I think it comes very naturally. Of course we have scheduled duties where the Paracounsellors have to go to the Detention Barracks to counsel the detainees. But aside from that, it's already integrated in our daily work.

What has kept you going in the scheme all these years?

R: I think it's like a normal responsibility when they (colleagues) see me as a senior and a sister and respect me. It's about providing support so that they always have someone to turn to.

TM: Ultimately, we are not there to solve problems for them. It's about being there and providing a listening ear. When we see that they are able to carry on and make positive decisions, there is definitely a sense of fulfilment for us. This is really one of the main reasons that have kept me going as a Paracounsellor.

Any experiences or learning points in your role as a Paracounsellor that you would like to share?

TM: I attended the Suicide Intervention Workshop as part of the SCDF Paracounsellors' ongoing development and learnt

many useful techniques from the experts. The week right after I returned from the course, I encountered a case of personnel with suicidal ideation and self-harm tendency. I was able to apply the skills I'd learnt straightaway! I think this is also where Paracounsellors can be very effective and prompt – EBSC staff may not always be there to help but Paracounsellors already have rapport with some personnel.

R: When people with suicidal thoughts first approach you, you never know what's in their mind. By them talking to you, you could have helped to clear some doubts and worries they may have. The skills that Paracounsellors are equipped with can also be applied to our daily work when we deal with patients or victims who may sometimes be in emotional distress.

What are some of your main takeaways from being a SCDF Paracounsellor?

TM: The strong emphasis on the importance of self-care. The strong rapport among us is what makes the scheme work. Engaging the younger generation through my work as a Paracounsellor also help me recognise that the approach supervisors and Paracounsellors take has to be changed through the years.

R: For me, my main takeaways are learning how to adapt and build resilience.

If there is one word or a few words that could describe your journey as a Paracounsellor, what would it be?

R: Fulfilling.

TM: Challenging but fulfilling.

Do you have any tips for the new Paracounsellors?

R: If you want to achieve something, don't rush into it. We are supposed to help but we are not here to solve personal problems for them. Seek help if you are stuck. We are not superheroes; sometimes we also need help and self-care is important too.

TM: Learn through experiences – there's no better way to learn than to do it! Every day is a new case, a new experience. The most important thing is being able to learn from each case. 🚒

Credits: Abridged version from Patience, Acceptance, Conscience, Empathy. (2016). Hear from the Paracounsellors. Pages 11 and 12.



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HEARTTHROB

Senior Officers

LTA Sasi Kumar 👍

LTA Sasi may be married but he has many attributes that you might want your man to possess. As a teenager, LTA Sasi was naughty and playful. While serving his full-time NS with the SCDF then, he dropped out from a part-time polytechnic diploma course. While he was more playful and defiant as compared to his peers back then, he has since returned to school to complete his diploma education. LTA Sasi said that he made the decision to pursue his education at the advice and encouragement of his former Deputy ROTA Commander, SWO Yuhana Bin Bujang.

Once LTA Sasi started, there was no turning back. A few years after attaining his diploma, he quenched the thirst for higher education by going on to complete his university education in which he earned a degree for himself.

Academic aside, LTA Sasi has been with the SCDF since his full-time NS days. Before enrolling in the ROTA Commanders Course, he served as an exemplary Section Commander in Ang Mo Kio Fire Station. He is also among the first batch of fire bikers in the SCDF who are dual trained in emergency medical management as well as fire-rescue mitigation.

His peers termed him as a gentle macho man and described him as one who is "tough on the outside but soft in the inside".

Ah... if you are one who is looking for a source of inspiration for success, LTA Sasi Kumar is that inspiring macho gentleman you ought to approach.

CPT Md Azhar Bin Said 💪

CPT Azhar is another gentleman with stellar attributes that you may wish your man to possess. Fit as a fiddle, within just a year after joining the SCDF, he was already qualified for the SCDF elite Disaster Assistance and Rescue Team (DART). It was also during his stint in DART that he was deployed for Operation Lionheart, the SCDF's overseas humanitarian and disaster relief mission, not once but twice!

After joining the SCDF, he decided to further his studies as he wanted very much to be a role model for his children. CPT Azhar did not just further his studies but he excelled in it by attaining a first class honours in Mechanical Design Engineering from the University of Glasgow. So who says that DART personnel may be all brawns but no brains? That is surely a myth for here is a DART officer with a first class honours degree!

And despite being in his 30s' upon graduating from the university, he did not let his age deter his aspiration to be a Senior Officer and successfully completed the 12th ROTA Commanders Course. In fact, he was more than successful for he emerged as the Best Cadet notwithstanding being the most senior in age among the officer cadets. Well, age is no barrier once you set your heart and mind to it.

Despite all his remarkable achievements, CPT Azhar remains such an unassuming and soft-spoken gentleman.

If you are looking for an exemplary man who is both a hunk and an intellect, and above all a family man, CPT Azhar is indeed that gentleman worth emulating.

CPT Edrick Lim 🚢

CPT Lim was a shipbroker before he joined the SCDF. Having been in the maritime industry for some time, he has had the opportunity to be on board some of the largest vessels in the world.

CPT Lim was drawn towards joining the SCDF when he first learned about the establishment of the SCDF Marine Command and its eventual acquisitions of firefighting ships. Gradually, he convinced himself that he would want to pursue his passion as a lifesaver instead of chasing after the dollars and cents that the maritime industry could offer.

Needless to say, CPT Lim looks forward to serve in the SCDF Marine Command one day.

If you are into the sun, sand and sea, CPT Lim will take you a notch higher with his profound knowledge of vessels and someday, firefighting vessels too.

CPT Lee Jun Qi ✈️

At first glance, you would already have noticed his wide beaming smile shining through his radiant skin. If his good looks fail to melt your heart, you might just be smitten by his gentlemanly demeanour.

CPT Lee worked as a steward with a prestigious aviation company before enrolling himself in the Loughborough University in England. Having been more than halfway round the globe, he knows where in the world you could get the best deals for certain products.

Of course, CPT Lee is not just a pretty face who will see eye to eye with his shopaholic friends. He is equally competent when it comes to excelling in tough and rough situations. When serving his full-time National Service (NS) with the Singapore Police Force at the tender age of 18, he was awarded with the Sword of Merit.

CPT Lee is not only an intelligent but also a compassionate young man. With the passing of Mr Lee Kuan Yew, our Founding Prime Minister, CPT revisited the history of Singapore and found his calling to serve the nation. He wanted to be able to impact the lives of his fellow citizens in the best ways that he could and this was the reason why he had chosen a career with the Life Saving Force.

If you are an avid traveller and shopaholic too, date a man like CPT Lee. Not only can he be your personal tour guide and shopper, his attitude towards life will also inspire you and your dreams.

CPT Lim Jun Yu 🤔

To all sporty babes out there, CPT Lim Jun Yu is a man you should be looking out for. During the 12th ROTA Commander Course, he was the overall In-Charge for the daily morning physical training sessions. Throughout the course, he made sure that everyone woke up at 5.30am to attend their morning physical training. In fact, he even took the initiative to plan a workout schedule for his course mates in ensuring that everyone will be awarded with a Gold IPPT tab before graduating from the course.

His peers described CPT Lim who attained his Honours in Sports Science from the Nanyang Technological University as "the man whom we can turn to when we need advice on our nutritional intake and workout intensity". In fact, he has even helped some of his course mates to release their muscle tensions after a long and gruelling day of training.

If you are into extreme sports and you are constantly feeling the aches from your workouts, hmm... a man like CPT Lim will take the pain off you.

LTA (NSF) Farees Hossain Choudhury 🌹

Since the first day when LTA (NSF) Farees enlisted with the SCDF, he set his mind to excel. After completing his Basic Rescue Training at the SCDF National Service Training Institute, he was selected to attend the Section Commander Course at the Civil Defence Academy. He passed it with flying colours before being posted to Bukit Batok Fire Station as an emergency response specialist. He was subsequently enrolled to the ROTA Commander Course.

After graduating from the Singapore American School, LTA Farees worked as a model in one of the fashion retail companies. Yes, the man is a model!

Speaking with such a lyrical accent, LTA Farees stressed that he is very particular about his dressing and overall image. What do you expect from a model, right? He thinks that it is exceptionally important to keep his uniform neatly pressed daily and on the need to maintain a calm and composed disposition or rather to "maintain your cool" even in times of an emergency.

After completing his full-time NS, LTA Farees aspires to embark on his academic journey with the University of Berkeley in the United States of America.

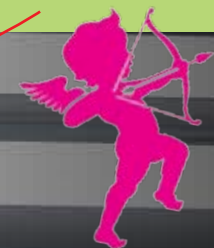
If you like intelligent men who take the extra effort to look dashing, LTA Farees will definitely make the cut for it.

CPT Goh Eng Khye 🥰

If you are naturally fond of men with few words, CPT Goh is the one for you. His course mates described him as a very diligent chap who will never claim credits for his efforts. Not only will he go the extra mile for a given task, his sense of composure makes him 'that cool dude' among his fellow 12th ROTA Commander Course mates.

Before joining the SCDF, CPT Goh served his full-time NS as an Artillery Officer with the Guards, an infantry formation in the Singapore Armed Forces. When describing the differences in the intensity of the trainings, CPT Goh did not say much except stating that both were equally tough and he is happy that he got through them successfully.

If you like a quiet man with defined biceps, well then CPT Goh is the one for you.





Michelle Lim
Senior Staff Officer (Publications)
Public Affairs Department

Let's hear it all from a Community First Responder, Ms Michelle Lim (not me although I am truly proud to share a similar name with her). It was the first Sunday of 2016 and Ms Michelle had her regular breakfast with her family members at a nearby coffee shop.

Ms Michelle volunteered to 'book' seats at the coffee shop while her family members queued to buy breakfast at the food stalls. At that very moment, she received a message on her mobile phone. It was no ordinary message but an alert message via the myResponder mobile app about a person who had collapsed nearby. Without second thoughts, she pressed the "ACCEPT" button on the app and dashed towards the location.

Upon her arrival, she heard someone shouting desperately, "Does anyone know CPR?" and saw a man lying on a footpath near a HDB block. "He was already unconscious and was hardly breathing. I immediately went on my knees and started CPR on him." said Michelle.

While administering CPR on the victim, Ms Michelle passed her mobile phone to an onlooker and asked him to use the myResponder app on her mobile phone to locate for the nearest available AED. About ten minutes of Ms Michelle's CPR chest compressions and ventilations on Mr Ken, the SCDF ambulance arrived at the scene.

Even as the paramedics took over the situation, Ms Michelle was still determined to help and continued to check for Mr Ken Gong's pulse. The very moment she felt a faint pulsation on his wrist, she rejoiced loudly, "He's still alive!"

As soon as the ambulance left the scene, the crowd dispersed and Ms Michelle made her way back to the coffee shop.

When she met her family members at the coffee shop, they had already finished their breakfast and lamented on her sudden disappearance. As they waited for her to finish her fried Bee Hoon noodle and a cup of coffee, she recounted her CPR experience on Mr Ken. As her family members were oblivious to what had happened, their jaws were agape when it dawned upon them of Ms Michelle's adrenaline rush encounter on that quiet Sunday morning.

As a lecturer who is passionate in healthcare education, Ms Michelle has always been very active in encouraging her students to be a Community First Responder like herself. Of course, now she has walked the talk.

Recently, the SCDF had arranged for Ms Michelle to meet Mr Ken who was discharged from hospital and had recovered from his ordeal. He thanked Ms Michelle profusely for being his lifesaver. 🚑

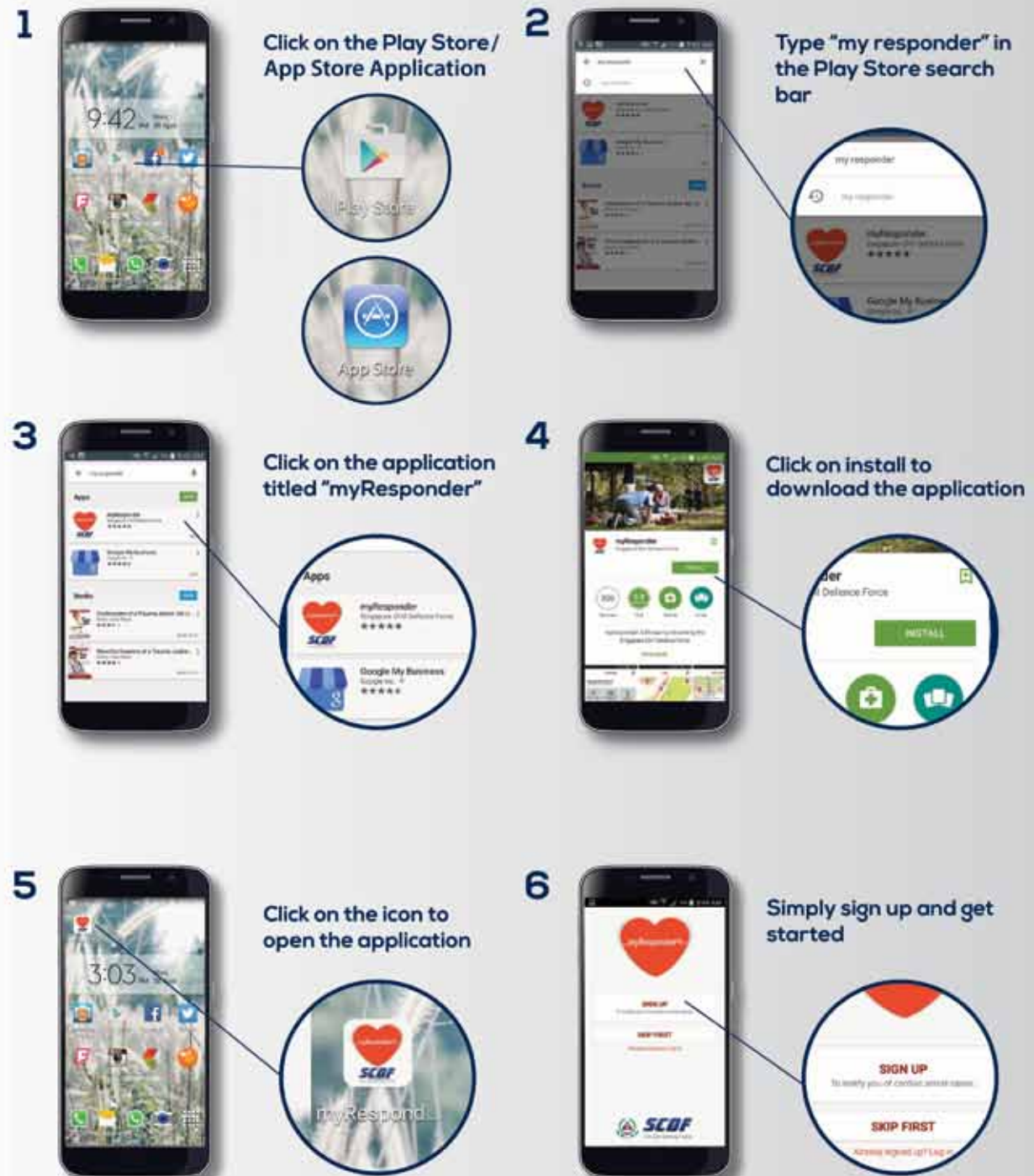
"I would not have survived without the myResponder app that linked victims like me to people like Michelle. The benefits are bountiful for it is not only beneficial to me as a survivor but also to my wife and family members with me surviving till this day. For the record, I have already downloaded the myResponder App and I hope that one day, I too can play my role as a Community First Responder just like Michelle."

- Ken Gong (Survivor)

myResponder

The myResponder Mobile App is now available in both Android & iOS platforms.

If you are trained in CPR and AED, sign up at www.raedi.sg and download the myResponder mobile application to be a Community First Responder!





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