

Restart a Heart CPR +AED Training

8 Oct, 10am - 11:30am
@ MPH2, L1 Innovis, FP2



The Restart A Heart Programme (RAH) is a simplified Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) non-certified training course designed to give laypersons quick and simple training in lifesaving skills that are required during a cardiac emergency. Be equipped with the skills to identify cardiac arrest, perform hands-only CPR and operate an AED.

Essentials

- Wear comfortable and stretchable attire
- Participants must be physically able to kneel on the floor for practical session
- Participants who are pregnant, have heart conditions, have respiratory infection or have orthopedic conditions are strongly discouraged from participating in this course.
- Sessions are held in-person and limited to 40 slots



The Singapore Heart Foundation (SHF) has been dedicated to promoting heart health in Singapore since 1970 through prevention, rehabilitation, and resuscitation initiatives. SHF works to reduce the impact of cardiovascular disease and stroke while providing financial assistance to heart patients in need. Committed to nurturing healthier hearts, SHF strives to create a brighter, healthier future for all.

[Book a Session](#)



As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A*STAR and family. The A*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

