



SFA-notice-035 成人急救員重溫課程 (RAFA)

課程簡介：

重溫急救的基本原理及最基本的急救處理方法；讓學員在意外發生時，能應用基本的急救方法，為傷者作出適當的處理。

課程目的：

讓學員重溫對急救的步驟及常見意外損傷的急救知識，並且要求掌握心肺復甦法、自動體外去纖維性顫動器的使用、復原臥位及包紮技術的操作。

課程內容：

急救原則及檢查傷者；	出血、休克及復原臥位；
窒息、哽塞的處理、人工呼吸；	傷口、骨折及處理方法；
單人心肺復甦法；	中毒、燒傷、環境創傷及軟組織損傷；
自動體外去纖維性顫動器的使用及保養；	內科急症的處理方法；

課程時數：12 課時(三堂教學，第四堂考試；每堂三小時，連考試共十二小時。)

學員人數：每班 8-16 人

報讀資格：持有以下由本會發出的有效課程證書：成人急救員課程(AFA) / 成人急救員重溫課程(RAFA) / 高級急救課程(PFA)

主講導師：澳門紅十字會急救導師

授課語言：廣東話 / 普通話 / 英語

課程費用：每人澳門幣肆佰伍拾元正(MOP450)

評核內容：出席率須達 90%，才能參加評核

1. 筆試
2. 心肺復甦法合併自動體外去纖維性顫動器的操作
3. 復原臥位
4. 包紮

* 筆試及各項操作試分別達標者視為通過評核，只有其中一科未能達標者可獲一次補考機會。

證書：

學員於上述各項中達標可獲本會頒發：課程證書及急救員證。

更新日期：2026-04-24



SFA-notice-035 Adult First Aid Refresh Course (RAFA)

Course description:

Review the basic principles and treatment of first aid; enable the participants to apply appropriate treatment for the casualty in the accident.

Learning objectives:

Review the concept of first aid knowledge and treatment steps for common accidental injuries, require to master the operation of cardiopulmonary resuscitation (CPR), applying Automated External Defibrillation (AED), recovery position and bandaging technique.

Course content:

First Aid Principles & Examination to the Casualty;
Suffocation & Choking management, Artificial Ventilation;
Cardiopulmonary Resuscitation (CPR) with Single rescuer;
Use and Maintenance of Automated External Defibrillators (AED),
Management of Bleeding, Shock & Recovery Position;
Management of Wounds & Fractures;
Management of Poisoning, Burns, Environmental effects, Soft Tissue Injury;
Management of Medical Emergency.

Course duration: Total 12 hours

(3 lessons of teaching, exam on 4th lesson; 3 hours per lesson, totally 12 hours including exam.)

Class size: 8-16 persons per course

Eligibility: Valid certificates holders of the following course:
Adult First Aid Course (AFA) / Adult First Aid Refresh Course (RAFA) /
Advanced First Aid Course (PFA)

Course tutor: Macau Red Cross First Aid Instructor

Language: Cantonese / Mandarin / English

Cost: MOP 450 per person

Assessment Content: 90% attendant rate is required

1. Written exam
2. CPR + AED operation
3. Recovery position
4. Bandage

* Written exam and operation exam need to be reached standard to pass the assessment. Only one re-sit exam opportunity for one of above exam failed.

Certification:

Students who reach the standard in the above assessment will be awarded:
Course certificate & First aid certificate card.

Updated: 2026-04-24