



SFA-notice-040 成人心肺復甦法課程 (ACPR)

課程簡介：

主要介紹急救的基本原理、訓練人工心肺復甦法。

課程目的：

認識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，能應用人工心肺復甦法，為傷者作出適當的處理。

課程內容：

心肺功能和結構；
成人心肺復甦法；

認識和預防窒息；
成人哽塞處理。

課程時數：3 課時(一堂教學，連考試共三小時。)

學員人數：每班 4-8 人

報讀資格：年滿 16 歲或以上人士

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：每人澳門幣叁佰元正(MOP300)

評核內容：出席率須達 100%，才能參加評核

1. 成人心肺復甦法

*操作試達標者視為通過評核。

證書：

學員於上述各項中達標可獲本會頒發：課程證書。

更新日期：2026-04-23



SFA-notice-040

Adult CPR Course (ACPR)

Course description:

Introduces the basic principles of first aid, artificial cardiopulmonary resuscitation (CPR) training.

Learning objectives:

To understand the basic principles of first aid and the most basic first-aid treatment methods; enable the students apply artificial cardiopulmonary resuscitation (CPR) when necessary.

Course content:

Cardiopulmonary function and structure;

Learn to perform CPR on adults;

Suffocation prevention;

Handling adult choking cases;

Course duration: Total 3 hours(1 lesson of teaching, totally 3 hours including exam.)

Class size: 4-8 persons per course

Course tutor: Macau Red Cross First Aid Instructor

Eligibility: 16 years old or above

Language: Cantonese / Mandarin / English

Cost: **MOP 300** per person

Assessment Content: 100% attendant rate is required

1. Adult CPR

*Operation exam need to be reached standard to pass the assessment.

Certification:

Students who reach the standard in the above assessment will be awarded: Course certificate.

Updated: 2026-04-23