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民众如今可通过DARE手机应用学习心肺复苏术

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速成先遣急救员培训计划 (Dispatcher Assisted first Responder , 简称 DARE) 推出手机应用“DARE”, 让民众可以通过手机轻松学习心肺复苏术和使用自动心脏除颤器 (AED)。

DARE指出, 这项手机应用计划是想让所有新加坡人共同参与拯救更多生命。

DARE应用中的视频将以简单跟随的指示教导心肺复苏术, 并提供关键讯息, 让大家知道在面对心脏骤停事件时该如何提供协助。

内政部兼卫生部高级政务次长安宁阿敏今午在DARE应用的推介仪式上致辞时指出, 新加坡每年发生超过2300宗心脏骤停事件, 其中有七成是发生在住宅区。

他说: “大多数的心脏骤停事件发生在我们认识的人身上, 这表示我们大家不管是做为家人、朋友、邻居或旁观者, 都有可能遇见心脏骤停的病患。”

DARE表示, 当一个人心脏骤停时, 及时的援救不管是用手进行胸外按压或使用AED都有助提高病患的存活率。

民众即日起可在手机下载DARE应用, 也可到DARE面簿专页和网站了解更多详情。

Translated Text

People can now learn CPR through the DARE mobile app

By Tu Jianqiang

The Dispatcher Assisted First Responder (DARE) launched the mobile application "DARE" to allow people to easily learn CPR and use automatic defibrillators (AEDs) through their mobile phones.

DARE shared that this mobile application has been developed so that all Singaporeans can learn how to help save lives.

The video in the DARE application will teach CPR with simple instructions and provide key messages to let everyone know how to assist in the event of a sudden cardiac arrest.

At the launch of the DARE mobile application, Senior Parliamentary Secretary, Ministry of Home Affairs and Ministry of Health, Mr Amrin Amin said that there are more than 2,300 sudden cardiac arrests in Singapore each year, of which 70% happen in residential areas.

He said: "Most of the sudden cardiac arrest cases happen to people we know. This means that all of us, whether as family members, friends, neighbors or bystanders, may have met with sudden cardiac arrest cases."

When a person has a sudden cardiac arrest, immediate rescue, whether by chest compressions or using AEDs, can help increase the patient's survival rate.

The DARE app is now available for download. People can also visit the DARE Facebook page and website for more details.