

 **First-Aid, CPR & Automated External Defibrillation (AED)**

**Standard Child Care First-Aid w/
CPR Level B (Adult, Child, Infant - 1 rescuer only) & AED**

Full Course: \$135.00 / person + GST

Group Training Available!

- * **Minimum 8-person charge**
- * **Large groups welcome**
- * **Train at our facility or yours – Same price!**

Full course training takes approx. 15-16 hours to complete (e.g. 8:30 am - 4:15 pm x 2)
(**Best practice:** CPR & AED Re-certification should be done yearly. Expires after 3 years)

Compulsory Lessons:

DAY 1:

Chapter 1: THE RED CROSS

1. Henry Dunant: The Red Cross founder
2. The Red Cross - Fundamental Principles
3. Who We Are - The Canadian Red Cross
4. How We Help
5. Discussion

Chapter 2: PREPARING TO RESPOND

1. The First-Aider's Role: Responsibilities and the "rules".
2. Recognizing Emergencies
3. Deciding to Act
4. "The Good Samaritan Protection Act" - Discussion
5. Get Consent (e.g. implied parental consent, etc.)
6. Preparing for Emergencies
7. Infection (e.g. disease transmission, face masks, gloves, hand washing, etc.)
8. Diapering: (Upon request)
9. Immunization as a Personal Precaution: (Upon request)
10. Dental Health: (Upon request)
11. Emergency Preparedness: (Upon request)
12. Discussion

Chapter 3: THE EMERGENCY MEDICAL SERVICES SYSTEM

1. The Emergency Medical Services System
2. Who is Coming to Help?
3. When to Call EMS/9-1-1
4. When to Call Parents or Guardians?
5. How to Call EMS/9-1-1
6. What to do after you have called EMS/911
7. What to do if the EMS/911 Dispatcher Tells You to Take the Child to the Hospital
8. Discussion



Chapter 4: CHECK, CALL, CARE

1. Primary Survey - (e.g. **CHECK** - scene and responsiveness, **CALL** - 911, **CARE** - C, A, B, D)
2. CPR Chart
3. Shock: Signs and Symptoms - **Discussion**
4. Secondary Survey - (e.g. vital signs, head-to-toe check, hands-off check, hands-on check.)
5. Continual Care (e.g. Recovery Position, "Jean Pull" etc.)
6. **Discussion + Practical Component**

Chapter 5: AIRWAY EMERGENCIES

1. Causes of Choking: Prevention
2. Mild Choking
3. Severe Choking - Conscious (e.g. Causes of choking, Preventing Choking, Signs and Symptoms of Severe Choking, Choking in Larger or Pregnant Persons, Someone in a Wheelchair, Someone Who is too Tall, Choking Alone, Choking Children + Infants etc.)
4. Unconscious Choking (Adult, Child, Infant)
5. **Discussion + Practical Component**

Chapter 6: BREATHING AND CIRCULATION EMERGENCIES

1. Common Causes of Respiratory Distress: Hyperventilation, Asthma (e.g. Using Puffers, Aero-Chambers, etc.)
2. Allergic Reactions, Anaphylaxis (i.e. Severe Allergies - e.g. How to use an Epipen® and Twinject® Auto-Injectors)
3. Respiratory Arrest
4. Cardiac Arrest
5. Sudden Infant Death Syndrome (SIDS)
6. Deadly Bleeding
7. **Discussion**

Chapter 7: FIRST-AID FOR RESPIRATORY AND CARDIAC ARREST

1. Cardio-Pulmonary Resuscitation (CPR) - (Adult, Child, Infant - 1 Rescuer)
2. Special Considerations: Air in the Stomach, Vomiting, Mouth to Nose Breathing, One-Hand Compressions.
3. **Discussion + Practical Component**

DAY 2:

Chapter 8: HEAD AND SPINE INJURIES

1. Causes and Prevention of Head and Spine Injuries
2. Signs and Symptoms of Head Injuries
3. First-Aid for Head Injuries
4. Concussion: Signs and Symptoms - Shaken Baby Syndrome
5. Scalp Injuries
6. Spine Injuries
7. Moving a Person With a Head or Spine Injury
8. **Discussion + Practical Component**: Modified H.A.I.N.E.S. Position and "Log Role"

Chapter 9: BONE, MUSCLE, AND JOINT INJURIES

1. Injuries: Strain, Sprain, Dislocation, and Fracture
2. Causes and Prevention: Bone, Muscle, and Joint Injuries
3. Signs and Symptoms: Bone, Muscle, and Joint Injuries
4. First-Aid: Bone, Muscle, and Joint Injuries
5. Splinting and Slings Guidelines
6. **Discussion + Practical Component**

Chapter 10: WOUND CARE

1. Wounds
2. Bruises
3. Cuts and Scrapes
4. "A stitch in Time" - When to get stitches
5. Puncture Wounds
6. Bites From Humans and Animals
7. Impaled Objects
8. Nose Bleeds
9. Knocked-Out Teeth
10. Eye Injuries

11. Ear Injuries
12. Infection
13. Amputations
14. Splinters (Slivers)
15. Burns: Special Considerations
16. Discussion + Practical Component

Chapter 11: SUDDEN MEDICAL EMERGENCIES

1. Fainting
2. Diabetic Emergencies
3. Seizures
4. Fever Convulsions
5. Discussion

Chapter 12: ENVIRONMENTAL EMERGENCIES

1. Cold-Related Emergencies: Frost Nip and Frostbite, Hypothermia, Freezing to Metal Objects, Snow Blindness.
2. Heat Related Emergencies: Heat Cramps, Heat Exhaustion, and Heat Stroke
3. Near Drowning

Chapter 13: POISONS

1. Poisons
2. Hazard Symbols
3. Swallowed Poisons
4. Inhaled Poisons
5. Absorbed Poisons
6. Injected Poisons
7. Bites from Ticks
8. Lyme Disease
9. Bites from Leeches (Blood Suckers)
10. Snakebites
11. Animal Bites
12. Substance Misuse and Abuse
13. Alcohol Poisoning
14. Discussion

Chapter 14: CHILDHOOD ILLNESSES - THIS SECTION IS TAUGHT UPON REQUEST

1. Recognizing Signs of Illness: Signs / Symptoms: Eczema, Impetigo, Ringworm, Scabies, Prickly Heat Rash, Diaper Rash, Lice, Pink Eye, Pinworms, Chicken Pox, Diarrhea, Dehydration, Ear Aches, Persistent Vomiting
2. Fever
3. Giving Medication

Chapter 15: KEEPING CHILDREN SAFE - THIS SECTION IS TAUGHT UPON REQUEST

1. Safe Equipment
2. Safe Use of Toys for Babies and Children
3. Playing with Toys Safely: Safety Education
4. Safe Use of Playgrounds
5. Safe Use of Neighborhood Playgrounds
6. Safe use of Backyard Playground Equipment
7. Safe Use of Car Seats
8. Safe Use of Wheeled Equipment (e.g. Skateboards and In-line Skates)
9. Fire Safety
10. Ice Safety
11. Safe Use of Water
12. Babysitters
13. Teaching Children Safety Awareness
14. Child and Youth Protection

To register for a course or set up training at your facility, please contact us at:

Office #: (204) **233-CFAT** (2328)

Email: First-Aid@cfat-fesc.ca

For more information, visit our website at: **WWW.cfat-fesc.ca**

Looking For Value Added Training For Your Training Dollar? We Do That!

" The bitterness of poor quality lingers long after the sweetness of low cost is forgotten"

- L. Porteous Fenster -

CANADIAN FIRST-AID TRAINING Ltd. provides the following list of value added components to all our in-house and out-course **First-Aid, CPR and Automated External Defibrillation (AED)** training. Some of them include:

- Professional, fun and knowledgeable staff certified as Authorized Providers with the **CANADIAN RED CROSS**.
- We teach at your location and at your convenience
- Show up early for course set up.
- Provide course specific manuals for students to keep. We only use accredited material developed by the **CANADIAN RED CROSS**, which is recognized in over 180 countries around the world!
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the new 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **CANADIAN RED CROSS** is a participating member.
- Relaxed atmosphere when teaching.

At CANADIAN FIRST-AID TRAINING Ltd., we:

1) Adhere to best practice recommendations for all training. This includes:

- 1 manikin/person ratio for all CPR (No sharing with other people!!!)
- Floor mats for CPR training (no more sore knees!!)
- Flat screen TV w/ DVD capability* (No Extra Charge!) – Out courses
- Whiteboard* (No Extra Charge!) – Out courses

2) Only use top of the line equipment. This includes:

Demonstrate, fully explain & use:

- **Automated External Defibrillator (AED) trainer units:**
Philips Health Care Canada - Authorized Distributor
- *Gauze roller and triangular bandages, gauze non-stick pads, splints, etc. for all first-aid practical exercises (course specific)*
- **Epipen® & Twinject®** trainer units for practical exercises (i.e. severe allergies – anaphylaxis) *(All first Aid courses)*
- **Manitoba Regulations First Aid kits.** *(All first Aid courses)*
- Proper usage of Asthma puffers and Aero-Chambers® - i.e. (Spacers), etc.
- Proper bandaging techniques are shown in every First-Aid Course we offer - (i.e.: Emergency First-Aid, Child Care First-Aid (1-day courses), Standard First-Aid (2-day course), etc.

3) Also do the following at no extra charge:

- We customize the course to the knowledge of the group (i.e. take prior history into account).
- Comprehensive review throughout the day
- Full Explanation of **Manitoba Good Samaritan Protection Act** (Enacted – Dec. 7th, 2006).
- Full Explanation of **Manitoba - The Defibrillator Public Access Act**

After training has been completed, we will:

- Stay afterwards to answer all questions, concerns and comments resulting from the training and leave each participant with contact information for any concerns, which may result from training.
- Students receive 1 wallet certificate and 1 wall certificate* (8.5x 11) - (*First-Aid courses only)
- Company/organization will receive copies of all certificates in a separate folder and all participants will be entered into our course management system. Notification of expired certificates to company / organization after 3 year period or upon request