

🍁 **Cardio-Pulmonary Resuscitation (CPR) & Automated External Defibrillation (AED)**

**HEART & STROKE FOUNDATION OF MANITOBA COURSE:**

**Heartsaver A (Adult – 1 & 2 rescuers) & AED**

**Full Course: \$50.00 / person + GST (4 hours)**

**Re-registration: \$45.00 / person + GST (4 hours)**

**Group Training Available!**

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

**Full course training takes approx. 4 hours to complete** (e.g. 8:30 am - 12:30 pm)  
(**Best practice:** Re-registration should be done yearly. Expires after 2 years)

**Compulsory Lessons:**

The Heartsaver-A & AED course includes the following modules:

**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"
5. Get Consent (e.g. implied consent, etc.)
6. Preparing for Emergencies
7. Infection (e.g. disease transmission, face masks, gloves, hand washing, etc.)

**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. How to Call EMS/9-1-1
5. Moving a Person Before Providing Care

**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
5. Continual Care (e.g. Recovery Position, "Jean Pull" etc)

**AIRWAY EMERGENCIES**

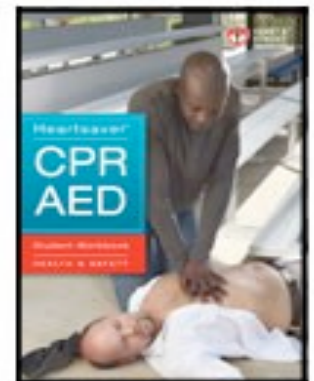
1. Mild Choking
2. Severe Choking - Conscious (e.g. Causes of choking, Preventing Choking, Signs and Symptoms of Severe Choking, Choking in Larger or Pregnant Persons, Someone in a Wheelchair, Someone Who is too Tall, Choking Alone, etc.)
3. Unconscious Choking (Adult)

**BREATHING AND CIRCULATION EMERGENCIES**

Heart Attack, Angina, Stroke, Transient Ischemic Attack "TIA"  
(e.g. Helping with Medications - Signs and Symptoms, etc.)

**FIRST-AID FOR RESPIRATORY AND CARDIAC ARREST**

1. Cardio-Pulmonary Resuscitation (CPR) - (Adult)
2. Automated External Defibrillation (AED): Things to consider when using an AED (Adult)
3. Special Considerations: Air in the Stomach, Vomiting, Mouth to Nose Breathing, Mouth to Stoma Breathing, One-Hand Compressions, CPR on Pregnant Women



## **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 **HEART & STROKE FOUNDATION OF MANITOBA**.
- We teach at your location and at your convenience
- Provide course specific manuals for students to keep. We only use accredited material developed by the **HEART & STROKE FOUNDATION OF CANADA**.
- **CANADIAN FIRST-AID TRAINING Ltd.** teaches to the 2010 ILCOR (International Liaison Committee On Resuscitation) guidelines for which the **HEART & STROKE FOUNDATION OF MANITOBA** 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**

#### **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. 7<sup>th</sup>, 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

**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**