

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

**Emergency First-Aid w/ CPR Level C** (Adult, Child – 1 & 2 rescuers), Infant & **AED**

**Also known as: "First-Aider 1" (1 day)**

**Full Course: \$89.00** / 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. 8 hours to complete** (e.g. 8:30 am - 4:30 pm)  
(**Best practice:** CPR & AED Re-certification should be done yearly. Expires after 3 years)

**Compulsory Lessons:**

**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 consent, etc.)
6. Preparing for Emergencies
7. Infection (e.g. disease transmission, face masks, gloves, hand washing, etc.)
8. 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. How to Call EMS/9-1-1
5. Moving a Person Before Providing Care
6. 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. S.A.M.P.L.E., vital signs, head-to-toe check, hands-off check, hands-on check.)
5. Continual Care (e.g. Recovery Position, "Jean Pull" etc.)
6. Should You Drive an Ill or Injured Person to Hospital?
7. Discussion + Practical Component



## **Chapter 5: 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, Choking Children, etc.)
3. Unconscious Choking (Adult, Child, Infant)
4. Discussion + Practical Component

## **Chapter 6: BREATHING AND CIRCULATION EMERGENCIES**

1. Common Causes of Respiratory Distress: Hyperventilation, Asthma (e.g. Using Puffers, Aero-Chambers, etc.), Allergic Reactions, Anaphylaxis (i.e. Severe Allergies - e.g. How to use Epipens® and Twinject® Auto-Injectors)
2. Heart-Attack, Angina, Stroke, Transient Ischemic Attack "TIA" (e.g. Helping with Medications - Signs and Symptoms, etc.)
3. Discussion

## **Chapter 7: FIRST-AID FOR RESPIRATORY AND CARDIAC ARREST**

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

## **Chapter 11: WOUND CARE - VALUE ADDED COMPONENT - Taught**

1. Wounds
2. Bruises
3. Cuts and Scrapes
4. "A stitch in Time" - When to get stitches
5. Puncture Wounds
6. Impaled Objects
7. Nose Bleeds
8. Knocked-Out Teeth
9. Eye Injuries
10. Ear Injuries
11. Infection
12. Amputations
13. Crush Injuries - UPON REQUEST
14. Penetrating Chest Injuries - UPON REQUEST
15. Blunt Chest Injuries: broken rib(s)
16. Flail Chest
17. Burns
18. Discussion + Practical Component

## **Chapter 12: SUDDEN MEDICAL EMERGENCIES - VALUE ADDED COMPONENT - Taught**

1. Fainting
2. Diabetic Emergencies
3. Seizures
4. Fever Convulsions
5. Emergency Childbirth - UPON REQUEST
6. Discussion

**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. 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