

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

Standard First-Aid w/ CPR Level A (Adult – 1 & 2 rescuers) & AED

Also known as: "First-Aider 2" (2 days)

Full Course: \$125.00 / 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. 14-15 hours to complete (e.g. 8:30 am - 4:00 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 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, etc.)
3. Unconscious Choking (Adult)
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)
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 8: ADDITIONAL SKILLS FOR HEALTHCARE PROVIDERS - N/A

DAY 2:

Chapter 9: 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, "Log Role"

Chapter 10: 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 Guidelines
6. Discussion + Practical Component

Chapter 11: WOUND CARE

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

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

Chapter 13: ENVIRONMENTAL EMERGENCIES

1. Cold-Related Emergencies: Frost Nip and Frostbite, Snow Blindness, Hypothermia, Freezing to Metal Objects
2. Heat Related Emergencies: Heat Cramps, Heat Exhaustion, and Heat Stroke
3. Near Drowning
4. Poisons
5. Stings and Insect Bites
6. Lyme Disease
7. Stings from Marine Life
8. Snakebites
9. Animal Bites
10. Substance Misuse and Abuse
11. Alcohol Poisoning
12. **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. 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