

## Standard First Aid

This course will transform you from an observer into someone who can put their knowledge of lifesaving skills into practice.

This 2-day course is geared toward those who desire in-depth first aid training or those who require certification for the workplace.

We teach the course through PowerPoint presentation, skills demonstration and practice, scenarios, class discussion and time for questions and answers.

A variety of topics are covered, from basic cardiovascular emergencies and CPR with AED, to other severe medical conditions and injuries. For added value, training is supported by hands-on practice and relative materials based on course requirements and the particular needs of your business. Training tools include – mannikins, AED trainer, bandages, splinting materials, barrier devices, auto-injector trainers, inhalers, etc.

### Course Content includes skills such as:

- Introduction and Terms
- Emergency Scene Management
- Shock/Anaphylaxis
- Cardiovascular Disease
  - Angina/Heart Attack
  - Stroke/TIA
- CPR with AED – Adult, Child, Infant
- Choking – all ages
- Severe Bleeding/Wound Care
- Medical Emergencies
  - Diabetic Emergencies
  - Seizures
  - Asthma
- Burns
- Secondary Assessments
- Bone/Joint/Muscle Injuries
- Head/Spinal/Chest/Pelvic Injuries
- Heat/Cold Injuries
- Other Serious Injuries/Illness
- Triage
- Ongoing Patient Care
- Handover to EMS
- Scenarios
- Quiz



This Standard First Aid course meets the OHS requirements for the province of Ontario and is WSIB approved.

Student manual and certification card are included.

Certification is valid for 3 years.

Cost \$140.00