

## **Course Name: Standard First Aid/CPR**

**Course Description:** The objective of this course is to provide bystanders with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives.

The course content and activities will prepare learners to recognize emergencies and make appropriate decisions for first aid care. The course teaches the first aid and/or CPR skills they need to act as the vital first link in the EMS system.

The course also emphasizes the prevention of injuries and illness, and personal safety. Participants examine their environment and personal habits to reduce their own risk of injury and illness.

**Target Audience:** This course is designed for everyone.

**Course Outline:** This course addresses the following topics:

- The history and activities of the Red Crescent
- Preparing to Respond
- The Emergency Medical System
- The Primary Survey (Emergency Action Principals)
- Airway Emergencies (Choking)
- Breathing Emergencies (Rescue Breathing)
- Cardiovascular Emergencies (CPR, Bleeding, AED)
- The Secondary Survey
- Head and Spine Injuries
- Musculoskeletal Injuries (Immobilization)
- Soft Tissue Injuries
- Sudden Medical Conditions
- Poisons

**Length of the Course:** This course is delivered in 16 to 18 hours usually over two days.

**Course Location:** To be determined.

**Course Evaluation and Certification:** On-going evaluation throughout the course, and a written test. Participants receive a certification card upon successful completion of the course.

**Course Pre-requisites:** None.

**Materials:** Participants will be provided with all course materials and equipment. Participants should bring their own notepaper and a pen.

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**Supplementary reading(s):** A textbook is provided at the start of the first day. Arrangements can be made to have the textbooks delivered to the participants prior to the start of the course.

**Instructor Information:** Mr. Stephen Weinstein is a certified first aid instructor with the Canadian Red Cross. He is a former paramedic and has an extensive background in teaching first aid and related courses.

**Other Important Information:** Skills taught in this course require a certain degree of physical activity. Participants with health conditions such as history of heart conditions, respiratory problems or other physical limitations should consult their personal physician before participating in practice sessions involving physical activity. If skills cannot be demonstrated, a course completion certificate cannot be issued.

**Available Support Services:** If you have any questions, please contact [course\\_admin@jacqueswhitford.com](mailto:course_admin@jacqueswhitford.com) or call Course Admin at JWTI (613) 738-0708 ext. 204.