

## Emergency First Aid

This course covers the essential skills required to recognize and respond to urgent and life-threatening situations. You will learn to protect and support the life of an ill or injured person until EMS arrives.

This is a one-day course and is geared toward those who desire in-depth first aid training or those who require certification for the workplace. Emergency First Aid may be a requirement for any workplace with less than five people.

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 more 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
- Ongoing Patient Care
- Handover to EMS
- Scenarios
- Quiz



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

Student manual and certification card are included.

Certification is valid for 3 years.

Cost \$100.00