



**Course Offerings**

**Winter 2017/2018**

## Lay Rescuer and Workplace First Aid Courses

### Individual Course Price Chart

Course	Private/Semi-Private	3-10 People	11+ People
Standard First Aid with CPR-C and AED*	\$165/person + tax	\$125/person + tax <i>(\$110/person + tax)</i>	\$115/person + tax <i>(\$100/person + tax)</i>
SFA with CPR-C and AED Recertification*	\$120/person + tax <i>(115/person + tax)</i>	\$90/person + tax <i>(\$85/person + tax)</i>	\$85/person + tax <i>(\$77.50/person + tax)</i>
Emergency First Aid with CPR-B and AED*	\$110/person + tax <i>(\$105/person + tax)</i>	\$85/person + tax <i>(\$75/person + tax)</i>	\$77.50/person + tax <i>(\$68.50/person + tax)</i>
CPR-A	\$45/person + tax	\$35/person + tax	\$32/person + tax
CPR-B	\$48/person + tax	\$38/person + tax	\$35/person + tax
CPR-C	\$50/person + tax	\$40/person + tax	\$36/person + tax
CPR-HCP	\$90/person + tax	\$50/person + tax	\$45/person + tax
Anaphylaxis Rescuer	\$45/person + tax	\$35/person + tax	\$32/person + tax

\*Minimum two people required to run.

Student prices listed in italics

### Package Deals

Courses	Private/Semi-Private	3-10 People	11+People
Standard First Aid + CPR-HCP	\$190/person + tax	\$150/person + tax	\$140/person + tax
Standard First Aid + SFA Recertification	\$275/person + tax	\$200/person + tax	\$185/person + tax
Standard First Aid + SFA Recertification + CPR-HCP	\$325/person + tax	\$245/person + tax	\$225/person + tax
Emergency First Aid + CPR-C + Anaphylaxis rescuer	\$120/person + tax	\$95/person + tax	\$90/person + tax

### Lifesaving Society Standard First Aid with CPR-C and AED – 18 hours

### Lifesaving Society Standard First Aid with CPR-C and AED Recertification – 9 hours

*Meets WSIB Regulation 1101 first aid training requirement for companies with more than 5 employees*

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.

**Note on Recertification:** Students must have taken the **full** Lifesaving Society (not Red Cross, St. John's Ambulance, etc.) Standard First Aid course within 3 years to be eligible for the recertification course.

Lengths of time are estimates based on 12-16 students

## **Lifesaving Society Emergency First Aid with CPR-B and AED – 9.5 hours**

*Meets WSIB Regulation 1101 first aid training requirement for companies with 5 employees or less*

Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, CPR, choking and what to do for external bleeding, heart attack, stroke wounds and burns.

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## **Lifesaving Society CPR-A – 1.5 hour**

CPR-A teaches how to do CPR and choking procedures for adults and includes the importance of early defibrillation and how to use an AED.

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## **Lifesaving Society CPR-B – 3 hours**

CPR-B teaches the CPR and choking procedures for adults, children and infants. CPR-B includes the importance of early defibrillation and how to use an AED.

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## **Lifesaving Society CPR-C – 4 hours**

CPR-C covers all aspects of lay rescuer CPR skills and theory for adult, child and infants, including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED.

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## **Lifesaving Society Anaphylaxis Rescuer – 1 hour**

Anaphylaxis Rescuer certifies a candidate in the prevention and first aid treatment of anaphylaxis using auto-injectors. Ideal for parents, school teachers, camp staff, day-care workers and first-aiders who require annual review.

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Lengths of time are estimates based on 12-16 students

## **When Should I Recertify?**

All of our courses are considered “Current” for two years and most people choose to recertify within that time frame.

That said, many people find that the two year interval is too long to remember everything they’ve been taught.

In fact, when the 2015 CPR Standards were released, they included a section on how often people should be retrained. They acknowledged that there was insufficient evidence to determine the optimal method and timing of recertification but also noted that some studies have demonstrated the deterioration of skills in less than 3 months.

Therefore, they recommend that people should be retrained more frequently than the current, 2-year, interval

To address this, Sospita Safety Management offers “Scenario Sessions.” These short (1-2 hour) sessions allow participants to practice their skills through practical scenarios with feedback from a certified first aid examiner. The price is \$25/person.

To book a Scenario Session for your group, please contact us.

Please note, this session does not include a certification. Therefore, to be eligible for this program, you must previously have taken a first aid course.

## Advanced First Aid Courses

### Individual Course Price Chart

Course	Private/Semi-Private	3-10 People	11+ People
CPR-HCP	\$90/person + tax	\$50/person + tax	\$45/person + tax
Airway Management	\$90/person + tax	\$50/person + tax	\$45/person + tax

### Package Deals

Courses	Private/Semi-Private	3-10 People	11+People
Standard First Aid + CPR-HCP	\$190/person + tax	\$150/person + tax	\$140/person + tax
Standard First Aid + CPR-HCP + Airway Management	\$270/person + tax	\$190/person + tax	\$180/person + tax
Standard First Aid + Airway Management	\$150/person + tax	\$170/person + tax	\$155/person + tax

### Lifesaving Society CPR-HCP (Health Care Provider) – 4.5 hours

CPR-HCP covers all aspects of CPR skills and theory for adult, child and infant victims, including rescue breathing and the use of AEDs and bag-valve-masks. This level is designed specifically for those who, as part of their job descriptions as Health Care Providers, have a duty to respond to medical emergencies (e.g., doctors, nurses, paramedics, and allied health care professionals).

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### Lifesaving Society Airway Management – 4 hours

Airway Management certification provides senior and experienced first aid responders with specific knowledge and training in the use of oxygen, suction devices, oral airways and masks/bag-valve-masks.

## Youth & Pre-Teen Courses

These courses are designed to introduce youth to the foundations of first aid.

### Course Price Chart

Course	Private/Semi-Private	3-10 People	11+ People
Basic First Aid	\$65/person + tax	\$30/person + tax	\$25/person + tax
CPR-A	\$45/person + tax	\$35/person + tax	\$32/person + tax
CPR-B	\$48/person + tax	\$38/person + tax	\$35/person + tax
CPR-C	\$50/person + tax	\$40/person + tax	\$36/person + tax

### Lifesaving Society Basic First Aid – 3 hours

Basic First Aid covers the basics of first aid including how to contact emergency medical services, how to do Adult CPR, how to treat choking and minor injuries.