



## **Course Offerings**

**Summer 2016**

## Course Price Schedule

*Student Prices in italics and brackets*

| Course  | 2-5 People  | 6-10 People                                       | 11+ People  |
|---|---|---|---|
| Standard First Aid with CPR-C and AED                 | \$125/person + tax<br><i>(\$120/person + tax)</i> | \$115/person + tax<br><i>(\$100/person + tax)</i> | \$103.50/person + tax<br><i>(\$90/person + tax)</i>   |
| Standard First Aid with CPR-C and AED Recertification | \$115/person + tax<br><i>(110/person + tax)</i>   | \$85/person + tax<br><i>(\$65/person + tax)</i>   | \$76.50/person + tax<br><i>(\$58.50/person + tax)</i> |
| Emergency First Aid with CPR-B and AED                | \$95/person + tax<br><i>(\$90/person + tax)</i>   | \$85/person + tax<br><i>(\$65/person + tax)</i>   | \$76.50/person + tax<br><i>(\$58.50/person + tax)</i> |
| Basic First Aid with CPR-A and AED                    | \$55/person + tax<br><i>(\$50/person + tax)</i>   | \$40/person + tax<br><i>(\$35/person + tax)</i>   | \$36/person + tax<br><i>(\$31.50/person + tax)</i>    |
| CPR-A   | \$40/person + tax                                 | \$30/person + tax                                 | \$27/person + tax                                     |
| CPR-B   | \$45/person + tax                                 | \$35/person + tax                                 | \$31.50/person + tax                                  |
| CPR-C   | \$50/person + tax                                 | \$40/person + tax                                 | \$36/person + tax                                     |
| CPR-HCP   | \$75/person + tax                                 | \$50/person + tax                                 | \$45/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.

#### Topics:

- Legal Implications of First Aid
- Contacting EMS
- Universal Precautions – barrier devices, hand washing, and use of gloves
- Primary and Secondary Assessment of a Victim
- Unconscious Victims
- One- and Two-rescuer adult, child, and infant CPR
- AEDs
- Adult, Child, and Infant Choking
- Hyperventilation and Asthma
- Shock
- Heart Attack/Angina
- Stroke/TIA
- External Bleeding
- Abdominal Injuries
- Burns
- Facial Injuries
- Spinal Injuries
- Heat cramps, heat exhaustion, and heat stroke
- Hypothermia and frostbite
- Bone and joint Injuries
- Chest Injuries
- Head Injuries
- Seizures
- Diabetic emergencies
- Suspected poisoning
- Critical Incident Stress

Lengths of time are estimates based on 12-16 students

## **Lifesaving Society Emergency First Aid with CPR-B and AED – 8 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.

### **Topics:**

- |  |                                    |
|--|------------------------------------|
| • Legal Implications of First Aid  | • Adult, Child, and Infant Choking |
| • Universal Precautions – barrier devices, hand washing, and use of gloves | • Hyperventilation and Asthma      |
| • Contacting EMS   | • Shock                            |
| • Primary and Secondary Assessment of a Victim                             | • Heart Attack/Angina              |
| • Unconscious Victims  | • Stroke/TIA                       |
| • One-rescuer adult, child, and infant CPR                                 | • External Bleeding                |
| • AEDs   | • Abdominal Injuries               |
|  | • Burns                            |
|  | • Facial Injuries                  |

## **Lifesaving Society Basic First Aid with CPR-A and AED – 4 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.

### **Topics:**

- |                                  |                     |
|----------------------------------|---------------------|
| • Contacting EMS                 | • Choking           |
| • Primary Assessment of a Victim | • Shock             |
| • Adult CPR                      | • External Bleeding |

## **Lifesaving Society CPR-A**

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.

## **Lifesaving Society CPR-B**

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.

## **Lifesaving Society CPR-C**

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 CPR-HCP (Health Care Provider)**

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).