



First Aid

Information Bulletin

Changes to the Course Content for Emergency First Aid

Due to changes to the Workplace Safety and Health Act (C.C.S.M. c. W210) First Aid Regulation that come into effect February 1, 2007 - Prevention and Treatment for Poisonings and Head and Spinal Injuries will now be part of the content for an Emergency First Aid Course. Below is the course content for Emergency First Aid and Standard First Aid courses:

Emergency First Aid (FA 1) Course

- Primary and Secondary Assessment
- One Rescuer CPR: Adult & Child
- Obstructed Airway Management: Conscious and Unconscious Adult & Child
- Management of Bystanders
- Respiratory Emergencies
 - Including hyperventilation and asthma
- Circulatory Emergencies
 - Including Shock, Heart Attack or Angina, Bleeding (external & internal), Stroke/TIA
- Treatment for unconscious victims
 - Principles of first aid
 - Philosophy of first aid
 - First aid principles
 - Basic anatomy and physiology
- Self Protection
 - Universal Precautions and use of barrier devices
- Medical/Legal Aspects of First Aid
- Spinal Injuries
- Head Injuries
- Bone & Joint Injuries
- Burns
- Poisoning

Course time is still a minimum of 8 hours

Standard First Aid (FA 2) Course

All of the content from the Emergency First Aid course plus:

- One Rescuer CPR: Infant
- 2 Rescuer CPR : Adult, Child & Infant
- Obstructed Airways: Conscious & Unconscious Infant
- Environmental Emergencies
 - Heat or Cold Illness (includes Frost Bite)
- Abdominal and Chest Injuries
- Facial Injuries
- Seizures
- Diabetic Emergencies
- Critical Incident Stress Management

Course time is still a minimum of 16 hours

NOTE: Both courses still include the written test