



Lifelines - Manitoba

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Important
Information on
CPR and First
Aid Updates

*Season's
Greetings*

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The office will be closed from December 24 - January 2, reopening for business on January 3.

Should you be running any Courses during this time, the deadline to order materials is December 21.

From the CEO's Desk - Carl Shier



Around this time each year, people reflect on the 12 months past and if that assessment is fair, we can be thankful for what we've accomplished. Assessments are different person

to person, as we each hold our own set of values and beliefs. When it comes to the Lifesaving Society's work, I believe we have a lot to be thankful for.

Let's begin with thanking our more than 100 Affiliates. Without them, our programs wouldn't be delivered to the masses. The affiliates are by far the most valuable link in providing our many award level programs and get our Water Smart® messages to the public consumer. I'm very thankful for the support agencies (MB Aboriginal & Northern Affairs and Health Canada) that provide the partnership, guidance and financial where-with- all, which allows us to deliver programs in areas that Affiliates are not. The Northern Program reached in excess of 1,500 people this year, a greater number than ever before. We certainly can't forget the work of our volunteers. They are the backbone of any non-profit,

making time for us in their often busy lives. Of course, I am blessed with dedicated staff. Each day they find new ways to enhance our programs or continuously improve on our customer services.

I am thankful for my fellow Branch managers. Meeting and communicating with each of them has helped us mature as a business. I've learned a lot from the successful efforts of others and hopefully, improved our bottom line as to how this Branch operates. I too appreciate both our National and Provincial Board of Directors. Each person brings their own unique perspective and experience to the board meetings. We are at ease with one another and can speak frankly about issues and how problems are best resolved.

As we close the books on 2011, I look back and see that it has been another year with many accomplishments. We delivered our strongest effort to date with the Northern Program. 40 communities visited in just ten weeks; a quantum leap from the original 6 visited in 2005. We have worked hard with our Affiliates and fellow branches across Canada to complete the necessary revisions required in First Aid, CPR, National Lifeguard and Leadership along with input for the support material required. You will all appreciate the effort as this is rolled out thru the coming year.

2011 saw an extensive revamp of the BOAT® Course and its' associated test exams. We've kept affiliates informed and distributed all the new course material and licenses as Transport Canada required. We've even managed to pass nearly 90% of the candidates who took this course as part of the Northern Program. No small feat considering the new test degree of difficulty and lack of familiarity of signage throughout the north.

As a Branch we've participated in every aspect of work necessary to stay abreast of the programs. From participating in meetings in Vancouver, Edmonton, Regina, Toronto and soon Montreal, we're making every effort to be a part of the change in an ever-changing environment. Next May (25-27) this Branch will host both the Lifesaving Society National meetings and AGM along with the Canadian Lifeguard Emergency Response Championships (CLERC). If by chance you are looking to become involved and would like to participate, helping make these events a huge success, now is the time to "step up to the plate." I can assure you that 12 months from now, you'll have a chance to reflect and be thankful.



**Water Smart Reminders -
Stephanie Zubriski**

**The Lifesaving Society recommends
these Ice Safety Tips**

- * Keep away from unfamiliar paths or unknown ice. Use designated ice surfaces.
- * Measure ice thickness in several locations. Currents and different water depths affect ice thickness.
- * Never go onto ice alone.

- * Avoid traveling on ice at night.
- * Wear a snowmobile flotation suit or a lifejacket.
- * Take safety kit and equipment; ice picks, rope, fire starter, pocketknife, compass, and whistle.
- * Avoid alcohol.
- * If you drive on ice, have an escape plan: Before you leave shore, inform someone of your destination and expected time of return.
- * Beware of snow on the ice. Snow acts like an insulating blanket, ice under the snow will be thinner and weaker.

- * Spring Ice is Rotten Ice. As ice melts, it undergoes a process known as candlering which weakens the ice along vertical channels; the depth can no longer be used to determine if the ice is safe.
- * Fall Ice does not freeze uniformly. Thickness can vary from day to day.





Program Corner - Kathy Plett

Announcing: CPR and First Aid Updates!

Changes in resuscitation, CPR and first aid protocols are made every five years based on a review of the latest scientific research. The most recent changes – Guidelines for CPR & Emergency Cardiovascular Care (ECC) – were released in October 2010 by the International Liaison Committee on Resuscitation and the American Heart Association.

The changes are designed to make it easier for rescuers and health care providers alike to learn, remember and perform effective CPR.

Push Hard, Push Fast is the key message in the CPR and First Aid Updates.

Other Key Messages are:

- ☞ **C. A. B.** (Compressions, Airway, Breathing) is the treatment protocol for dry land non-breathing victims.
- ☞ **A.B.C.** (Airway, Breathing, Compressions) is still the treatment protocol for non breathing victims rescued from the water.
- ☞ **A.E.D.** application must be taught and evaluated with 1 and 2 person CPR skills.
- ☞ **Back blows** and abdominal thrusts may be used as part of the treatment for a conscious choking victim.
- ☞ **NLS Lifeguards** will attempt a jaw thrust to open the airway on a non breathing suspected spinal injured victim
- ☞ **Treatment for severe bleeding** no longer includes elevation of the injury.



FIRST AID UPDATE COURSE

The ECC Committee requires that all first aid training agencies have face-to-face update clinics for their instructors. The Lifesaving Society is ensuring that through these clinics all Instructors and Examiners understand (and can demonstrate) the new resuscitation protocols and the implications for planning, teaching and evaluating the Society's training programs.

Who must attend? Lifesaving Society Instructors and Examiners who wish to remain current are required to pass a First Aid Update Course. This affects: Lifesaving Instructors, First Aid Instructors, NLS Instructors, Lifesaving Instructor Trainers, First Aid Instructor Trainers and NLS Instructor Trainers. This clinic is part of the mandatory recertification requirements for instructors, examiners and instructor trainers.

Who can teach the First Aid Update Course? The First Aid Update Course can be delivered by Lifesaving Instructor Trainers who have attended an Instructor Trainer First Aid update and Recertification Course.

The course is four and a half (4.5) hours long and may be integrated into regular staff training or run as a stand-alone session.

Affiliates should make plans to host First Aid Update Course for their own staff and for Lifesaving Instructors in their community.

Transition to the new protocols must be completed by June 30, 2012. After this date, all Lifesaving Society programs with first aid content must be taught using the new protocols.

Any Lifesaving and First Aid Instructors who have not passed a First Aid Update course by June 30, 2012 will not be able to teach or examine Lifesaving programs until they do so.

After June 30, 2012 instructors will not be recertified without proof of passing a First Aid Update course.

Lifesaving Society Instructors, Examiners and National Lifeguards do not teach or evaluate the new CPR and first aid standards until they have passed a First Aid Update Course and their employer has implemented the new standards.

Through the transition, Examiners evaluate candidates according to the protocols they were taught. Under no circumstances should candidates for Lifesaving Society awards taught under the current standards be penalized because they do not perform the revised protocols.

All Lifesaving and First Aid Instructors must purchase the following when they update:

- ☞ Lifesaving, First Aid & Swim for Life® Resource CD- with 2010 First Aid updates includes updated written first aid tests, test sheets and first aid power point presentations)
- ☞ 2011 CPR & First Aid Update Instructor Resource (includes Award Guides update inserts)
- ☞ 2011 CPR Update (update insert for the Canadian Lifesaving Manual, Lifesaving CPR Manual and the Canadian First Aid Manual)

