



First Aid

Information Bulletin

Effective January 1, 2012

Changes to the Course Content for Emergency First Aid

Effective January 1, 2012: Facial Injuries will be included in the 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
- 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
- Facial Injuries

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
 - Rescuer CPR : Adult, Child & Infant
 - Obstructed Airways: Conscious & Unconscious Infant
 - Environmental Emergencies
 - Heat or Cold Illness (includes Frost Bite)
 - Abdominal and Chest 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