

# **Gymnastics BC Approved First Aid Courses**

## **Red Cross Standard First Aid**

Comprehensive First Aid & CPR training for individuals who need training for adults, children and infants. Often required for those who work in child care or early childhood education workplaces, nursing, dental offices, or who simply want more knowledge to respond to emergencies at home or in public. The course covers a variety of topics from basic first aid such as cardiovascular emergencies, CPR Level C (adult, child and infant), choking, airway and breathing emergencies, bleeding control, and prevention of disease transmission to more in-depth topics such as sudden medical conditions and injuries to the head and spine.

Includes Automated External Defibrillation (AED).

### **Certification length - 3 years**

Course length - **16 hours** inclusive of rest breaks

### **Course content**

- Preparing to Respond
- The EMS System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- First Aid for Respiratory and Cardiac Arrest
- Head and Spine Injuries
- Bone, Muscle, and Joint Injuries
- Wound Care
- Sudden Medical Conditions
- Environmental Emergencies
- Poisons
- Childhood Illnesses
- Keeping Children Safe
- AED
- Adult, child and Infant CPR
- Summary
- Scenarios

## **WorkSafeBC Occupational First Aid Level 1**

A basic one day/**8 hour** course covering the essential ABC's - airway, breathing and circulation. How to deal with obstructed airways, breathing distress and control bleeding. One person CPR, minor wound care and records / reports are also part of the course. A 2 year certificate will be issued at the end of the course upon successful completion.

Prerequisite: 16 years of age

## St. John Ambulance Standard First Aid

Designed to meet industry, business and government requirements, Standard level first aid is a modular course for those who want to learn more first aid skills.

The Standard level first aid course is built on the same core and elective lessons as the Emergency level course. The course includes core and elective lessons as well as a written exam.

Lessons that make up the Standard and Emergency level courses are outlined below.

The elective lessons are chosen by instructors based on your needs. For example, companies may ask for specific lessons in accordance with local or provincial safety regulations. Electives in a course intended for the general public are based on regional or community needs and interests.

### Lesson Menu

Both the Standard First Aid and Emergency First Aid courses include five core lessons ( **four hours**).

1. Emergency Scene Management
2. Shock, Unconsciousness and Fainting
3. Choking (Adult)
4. Cardiovascular Emergencies and One-Rescuer CPR (Adult casualty)
5. Severe Bleeding

There are 18 elective lessons. The Emergency course includes approximately 1.5 hours\* of electives, while the Standard course includes about **7.5 hours**.\*

6. Medical Conditions (Diabetes, Convulsions, Asthma, Allergies)
7. Child Resuscitation
8. Infant Resuscitation
9. Two-Rescuer CPR
10. Automated External Defibrillation
11. Secondary Survey
12. Bone and Joint Injuries
13. Head/Spinal and Pelvic Injuries
14. Chest Injuries
15. Wound Care
16. Multiple Casualty Management
17. Rescue Carries
18. Eye Injuries
19. Burns
20. Poisons, Bite and Stings
21. Heat and Cold Illness and Injuries
22. Emergency Childbirth and Miscarriage
23. Artificial Respiration

- The length of St. John Ambulance courses may vary depending on modules selected and provincial or territorial regulations.