

Airway



Breathing

Circulation

Defibrillation

LIFESAVING
SOCIETY

SOCIÉTÉ DE
SAUVETAGE

FIRST AID
PROGRAMS



LIFESAVING SOCIETY

The Lifeguarding Experts

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Procurement Services

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Standing Offer, from the Public Service
Commission, for various training services to run
from March 1, 2008 until February 28, 2010

March 26, 2009

To: All Government Departments, Offices, Agencies, Boards & Commissions of the Province of Nova Scotia.

From: Gordon Richardson, Executive Director, Lifesaving Society- Nova Scotia Branch

The **Lifesaving Society** is a not-for-profit organization which provides a number of training programs including first aid courses both directly to clients and through a network of affiliate providers throughout Nova Scotia.

In 2008 the Society provided approximately 8,000 courses to individuals. These courses include Standard First Aid, Emergency First Aid, CPR courses and Water Rescue for First Responder.

The Society has a number of First Aid instructors throughout Nova Scotia. Instructors are available to respond to urgent issues on a timely basis.

The Society has been recently added to the Standing Offer from the Public Service Commission and is looking forward to providing First Aid Training services to all Government Departments, Offices, Agencies, Boards and Commissions of the province of Nova Scotia.

Emergency First Aid This course is recognized by the Nova Scotia Department of Labour and Environment. ***Emergency First Aid:*** Includes CPR-A certification (Adult CPR). Emergency First Aid is for people who require a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, choking, and allergies, managing severe bleeding, heart attack and stroke.

Standard First Aid: This course is recognized by the Nova Scotia Department of Labour and Environment. Includes CPR-C certification. 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 and cold injuries, bone and joint injuries, abdominal and chest injuries, burns, and medical emergencies.

Occupational Health & Safety competencies are targeted with the first aid programs.

Students are given direction and practice on how to take a leadership role during an emergency situation. Through instruction, practice on manikins and role-playing, students learn the necessary leadership skills to take charge of an emergency scene prior to the arrival of professional rescuers.

The **Emergency First Aid Course** is 8 hours long (including lunch and breaks) and covers the following content:

Goals of First Aid

Legal Implications of First Aid

Self Protection

Management of Bystanders

Anatomy and physiology of ABC priorities

Respiratory Emergencies

Primary Assessment: Unconscious Victim & conscious victim

Obstructed Airway

CPR- Adult,

Shock

Heart Attack, stroke and angina

External bleeding

Care of an unconscious victim

Critical incident stress management

Automated External Defibrillation

The **Standard First Aid Course** is 16 hours long (including lunch and breaks) and covers the following content:

Goals of First Aid

Legal Implications of First Aid

Self Protection

Management of Bystanders

Anatomy and physiology of ABC priorities

Respiratory Emergencies

Primary Assessment: Unconscious Victim & conscious victim

Obstructed Airway

CPR- Adult, infant & child

Shock

Heart Attack, stroke and angina

External bleeding

Care of an unconscious victim

Suspected spinal injury

Environmental emergencies

Bone or joint injuries

Abdominal & chest injuries

Burns

Facial injuries

Head injuries

Seizures & diabetes

Poisoning

Critical incident stress management

Automated External Defibrillation

Other Course Offerings:

Automated External Defibrillation (AED)

AED provides knowledge of how the heart works and indications for defibrillation. Participants will learn when & how to operate an Automated External Defibrillator.

Oxygen Administration

This certification provides specific knowledge and training in the use of oxygen, suction devices, oral airways & Bag Valve Mask (BVM)

Health Care Provider (HCP)

Covers all of the HCP skills including BVM, AED & O2 Admin.

CPR-A: Adult choking & CPR

CPR-B: Choking & CPR for adults & children

CPR-C: All CPR skills for adult, child & infant. CPR-C is included in Standard First Aid.

CPR-D: Child & infant CPR & choking



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Les experts en surveillance aquatique