

## First Aid Program Policies At-A-Glance (2019)



**LIFESAVING SOCIETY®**

*The Lifeguarding Experts*

	CPR A	CPR C	Emergency First Aid (CPR A)	Emergency First Aid (CPR C)	Emergency First Aid Child & Residential Care (CPR C)	Standard First Aid (CPR C)	BLS Responder (CPR HCP)	Airway Management & Oxygen Administration
<b>PROGRAM POLICIES</b>								
Prerequisites (need not be current)	None							Min. CPR
Instructed By (current)	First Aid Instructor (recertified after April 1, 2019)							
Currency (years)	3 years						1 year	3 years
Required Instructional Time (full course/recertification)	4 N/A	5 4	7 N/A	8 N/A	9.5 N/A	14-16 8	5 3	3 2
Required Breaks	30-minute unstructured break every 5 consecutive hours							
Candidate/Instructor Ratio (maximum/minimum)	18:1 3:1						12:1 3:1	
Written Examination	N/A		Minimum 70% passing grade				N/A	
Program Layering/Combination	Day 1	Day 1	Day 1	Day 1	Day 1+2	Day 2	Day 3	Day 3
Notification	Post to Lifesaving Society website a minimum of 7 business days in advance and delete a minimum of 1 business day in advance							
<b>PROGRAM ENVIRONMENT</b>								
Class Environment	Illuminated, heated and ventilated room that permits an unobstructed view of candidates during training/evaluation.							
Room Size (clear working space)	Classes with <10 candidates require 44 sq feet per candidate. Classes with 10-18 candidates require 500 sq. feet total.							
Media Presentation System	Optional		Required					
<b>PROGRAM LITERATURE</b>								
Canadian First Aid Manual	N/A		1:1				N/A	
Candidate Supplement Guide	N/A		1:1					
Canadian CPR Manual	1:1		N/A					
Canadian BLS Responder (HCP) Manual	N/A						1:1	
<b>MATERIALS FOR SUBMISSION</b>								
Candidate Info/Feedback Form	Required							
Evaluation Checklists	N/A		Required				N/A	
Candidate Exam Answer Sheet	N/A		Required				N/A	
<b>PROGRAM RECOGNITION</b>								
Temporary Cards	Instructor-issued							
Certifications	Electronically-issued							

## REQUIRED PROGRAM EQUIPMENT

Program Equipment	Equipment:Candidate Ratio
Pocket mask with one-way valve	1:1
Gloves (non-latex)	Sufficient amount and sizes (S-M-L) for ongoing class use
Resuscitation manikins (adult/child and infant)	1:2
AED trainers (with cloth and training razor)	1:2 (minimum 1 mechanical per 9 candidates)
Cleaning wipes/solution	5:1
First Aid kit (or container) for course supplies	1:2
Wound cleansing towelettes (14 cm x 19 cm)	3:1
Assorted adhesive dressings: Skin closures and 2.6 cm x 7.5 cm adhesive dressings	Sufficient amount and variety for each candidate
Sterile gauze squares (10 cm x 10 cm)	4:1
Sterile non-adherent gauze squares	4:1
Gauze roller bandage (7.5 cm x 1.8m)	1:1
Gauze sponges (7.5 cm x 7.5 cm)	1 package (100/pkg.) per class
Abdominal pad/dressing (20 cm x 25 cm)	2:1
Triangular bandage (cloth - 1.25m base)	3:2
Crepe bandage (7.5 cm x 4.5 cm)	1:1
Adhesive tape (2.5 cm x 4.5m)	1:2
Stainless steel scissors (14 cm)	1:2
Epinephrine auto-injector trainers	1:4
Placebo asthma inhalers	1:4
Mock ASA and Nitro bottles	1:4
Pressure bandage (10 cm x 16.5 cm) with elastic crepe ties	1:2
Cold packs	1:2
Quick strap (AKA fracture straps)	2:1
Tourniquet (windlass style)	1:2
Blankets (152.4W cm x 213.4L cm)	1:1
First Aid records	Sufficient amount for ongoing class use

## SPECIALITY EQUIPMENT (BLS & AMOA)

Program Equipment	Equipment:Candidate Ratio
Oxygen unit and airway kit	1:6
Pulse oximeters	1:6
Bag valve mask	1:3
Manual suction	1:6

## **First Aid Prerequisite Policy**

Acceptable proof of first aid certification must be issued from one of the following recognized agencies:

- Lifesaving Society
- Canadian Red Cross
- St. John Ambulance
- Canadian Ski Patrol
- Heart & Stroke Foundation of Canada



## **Equipment Requirements – Sanitization**

A training facility and instructor must ensure that the required equipment and supplies are clean and ready for use in each class.

- Equipment that makes direct contact with class participants (e.g. pocket masks) must be washed with detergent and water then soaked in a bleach solution (1-part bleach/10 parts water) for up to 10 minutes.
- If candidates are sharing manikins, they must be disinfected between each use. Thoroughly wipe the mouth and face of the manikin with alcohol wipes (70 Isopropyl or Ethyl Alcohol) for at least 30 seconds.

Regular hand washing should be encouraged throughout the course in order to reduce the risk of infection and disease transmission.

## **Program Layering/Combination**

Lifesaving Society First Aid and CPR programs can be layered or otherwise run in combination of each other to meet operational needs and increase program accessibility. To ensure program standards are met, the parameters have been set on what courses can be run in combination with each other.

Day 1	Day 2
CPR A	Standard First Aid
CPR C	Standard First Aid Recertification
CPR C Recertification	
Emergency First Aid (CPR A)	
Emergency First Aid (CPR C)	
Emergency First Aid Child & Residential Care (CPR C)	

The BLS Responder as well as the Airway Management & Oxygen Administration courses cannot be run in combination with other First Aid or CPR programs. They can, however, be run stand-alone or in combination with each other:

Course	Full Course	Recertification
BLS Responder	5	3
Airway Management & Oxygen Administration	3	2
BLS Responder and Airway Management & Oxygen Administration	7	5