

Val Legere

Industrial Safety Specialist



5762 Hwy. 7 East
P.O. Box 54083
Markham, ON L3P 7Y4

416-725-6801
info@workplacesafetytraining.ca
www.workplacesafetytraining.ca

Standard First Aid (2 days)

(WSIB Regulation 1101)

Course overview: This course will familiarize you with standard first aid skills.

Course duration: 2 days

Topics:

Day 1 (topics also covered in Emergency First Aid training course)

- ◆ Legal Aspects / Duties
- ◆ WSIB Requirements
- ◆ Scene Safety
- ◆ Initial Assessment (Airway, Breathing, Circulation)
- ◆ Mechanism of Injury
- ◆ Recovery Position
- ◆ Choking (Conscious / Unconscious)
- ◆ CPR
- ◆ Heart / Stroke Factors
- ◆ Critical Incident Stress
- ◆ Wound Care
- ◆ Bleeding
- ◆ Shock
- ◆ Ongoing Casualty Care

(cont'd)

Day 2

- ◆ Medical Conditions (Allergic Reaction / Anaphylactic Shock, Asthma, Diabetes, Epilepsy)
- ◆ Specific Bleeding Injuries (Palm Injury, Amputations, Penetrating Chest Wound)
- ◆ Bone and Joint Injuries (Splinting / Slings)
- ◆ Head, Spinal, Pelvic Injuries
- ◆ Burns
- ◆ Eye Injuries
- ◆ Heat / Cold Injuries (Hyperthermia, Hypothermia)

Venue: course delivered on-site at your premises

Who should attend: all employees who require the techniques of standard first aid