

Emergency First Aid Outline

Synopsis

LifeSmart is an innovative and comprehensive First Aid Training Program designed to reach high-school students throughout Canada. The first and only program of its kind in Canada, LifeSmart is a collaborative effort between St. John Ambulance and the Nova Scotia Department of Education.

Objectives

Upon completion of this program, participants will be able to:

- Explain the principles involved in providing first aid safely and responsibly and describes the four steps of Emergency Scene Management;
- Examines shock, decreased consciousness and fainting. Common reasons for each of these problems are provided as well as first aid procedures to prevent each condition, or to minimize its effects on the casualty;
- Defines choking and explains the first aid provisions relating to adult choking casualties in a variety of situations;
- Describes various types of cardiovascular emergencies and provides first aid instructions for dealing with each type of emergency. First aid measures are based on an adult casualty;
- Examines the causes of severe bleeding and first aid measures to control bleeding;
- Examines medical conditions that can result in medical emergencies, specifically: diabetes, epilepsy, high fever in children, asthma and anaphylaxis;
- Examines first aid for various types of bone and joint injuries including: open fractures, closed fractures, sprains and dislocations;
- Deals with first aid for suspected injuries involving the head/spine and pelvis;
- Discusses the proper care of both open and closed wounds, including the use of various types of bandages and slings;
- Categorizes burns based on severity as well as mechanism of injury, and describes first aid for specific types of burns.

Evaluation Process:

At the end of each module, there is a quiz that each course participant must challenge and successfully complete with a passing grade before continuing to the next content module.

Course Duration:

The course is self paced so course duration will depend on the individual participant and their prior knowledge base with the course subject matter. On average, the course will take between 4-7 hours to complete.