



Life Smart

Course Overview:

LifeSmart is an innovative and comprehensive First Aid Training program. It is 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. This course blends an on-line training component with a hands-on training element, in order for students to receive the best possible preparation to successfully deal with emergency situations.

Who Should Take the Course?

This course is designed to reach high-school students throughout Canada and provide them with life-saving skills. However, everyone can benefit from the training offered in this course.

Course Objectives:

The primary objective of this course is to provide participants with the skills necessary to provide emergency first aid in a variety of situations. All on-line modules must be successfully completed prior to participation in the hands on training component and the final exam.

This course is presented in 9 modules:

1. Introduction to First-Aid / Roles & Responsibilities
2. Casualty Management – Unresponsive Casualty
3. Casualty Management – Responsive Casualty with Suspected Head / Spinal Injury
4. Adult Resuscitation
5. Severe Bleeding
6. Medical Conditions
7. Burns
8. Eye Injuries
9. Bone and Joint Injuries

Evaluation Process:

At the end of each module, there is a test. Participants must successfully complete the test before continuing to the next module. Participants that do not achieve 100% can review the module content and try as many times as necessary to advance and complete the course. Test questions are randomly selected from a test bank, making each test unique.

A certificate will be issued following the successful completion of both the on-line learning and hands on components.

Course Duration:

This online course is self-paced. Participants may leave the course at anytime and can resume where they left off. The duration will depend on the individual participant and their prior knowledge of the subject matter. On average, the timeline for completion will be 5 - 9 hours.