



This course is based upon the training available from the Canadian Red Cross and other similar organizations. Despite all efforts to work safely, accidents will still occur. In these situations, your knowledge as a first responder could mean the difference between life and death. Part 11 of the Alberta Occupational Health and Safety Code (OH&S) outlines the regulatory requirements for first aid training standards, locations, providers, records, and emergency transportation. This course has been designed to help you meet all regulatory and government requirements including the Alberta Occupational Health and Safety Code. This First Aid course is an awareness level review of important first aid principles and procedures. If a person needs First Aid training to meet the Part 11 requirements they need to take a St. John's or Red Cross course. The learner taking this course will need to confirm with the company they are going to work for if this meets their requirements.

This **two-hour** course is part of the THRIL certificate program series, developed by Gemini and well-known, highly respected industry professionals. THRIL certificates are designed to easily and inexpensively obtain essential training that leads towards recognized certification and qualifies for compulsory certification maintenance points to preserve ROH and CRSP designations. University of Calgary students completing a total of 45 hours or more training will be credited 30 hours of elective course credit toward the U of C Health, Safety and Environmental Certificate program.

### On completion of this course you will be able to:

- Describe how to assess and react to an emergency scene,
- List the steps involved in dealing with trauma and injuries,
- List the steps involved in aiding someone who has ingested poison or another toxin,
- List and describe the steps involved in Cardiopulmonary Resuscitation (CPR),
- Describe how to respond to other emergencies,
- Describe how you should react if you discover a casualty,
- List some things that bystanders can do to help,
- Describe the key points of an Emergency Response Plan,
- Describe how to treat strains, sprains, fractures and dislocations,
- List the steps involved in stopping severe bleeding,
- List the key points in responding to a medical condition emergency, and
- Describe how to treat head and spine injuries.

THRIL assessments are also available for all THRIL courses ideal for learners that wish to challenge the course for recertification purposes.

