

TRAINING PREPARATION

FIRST AID INSTRUCTOR

The First Aid Instructor training prepares the instructor to teach the content of the Lifesaving Society's Emergency Care program.

During the Lifesaving Society's First Aid trainings, trainers must teach according to the award guide and reference manuals content.

Participants are expected to know and use the content of reference manuals for trainings first aid trainings, i.e. the *Canadian Lifesaving Manual*. The *Emergency Care award guide* will be handed out before the start of the training.

PREPARATION

Before beginning the training, the candidate must:

- Follow the training session on the content of the Anaphylaxis Rescuer training, available in the Rescuer section in the www.sauvetage.qc.ca website dashboard:

Link: <https://www.sauvetage.qc.ca/fr/sauvetage/boite-%C3%A0-outils/secourisme-first-aid-0>

- Take the Anaphylaxis Rescuer training pre-test (Available in the RESCUER pre-test in the www.sauvetage.qc.ca website dashboard :

Link: <https://www.sauvetage.qc.ca/fr/sauvetage/boite-%C3%A0-outils/secourisme-first-aid-0>

- Master first aid techniques corresponding to the 2015 ILCOR standards

To master first aid techniques, the Lifesaving Society strongly recommends that candidates registered for the First Aid Instructor training prepare as follow:

- Read the *Canadian First Aid Manual*/WITH THE 2015 ILCOR STANDARD;
- Review the primary assessment and secondary assessment;
- Review Cardiopulmonary resuscitation, airway unobstruction and AED use (for all victim types);
- Review the *ministère de la Santé et des Services Sociaux's* anaphylaxis protocol;
- Review and practice bandages and immobilizations;
- Review specific treatments of injuries/problems of the *Canadian First Aid Manual*;
- Assemble a first aid training kit (will also be useful when you teach first aid or lifesaving).

We invite you to take your Standard First Aid recertification on Friday evening if you wish to update and perfect your first aid knowledge and techniques. **During the First Aid Instructor training, little time will be allocated for first aid knowledge and techniques**

MATERIAL NEEDED FOR THE TRAINING

- *Canadian First Aid Manual* with 2015 ILCOR Standards
- *Leadership Reference Manual**
- *Leadership Competencies* guide*
- *Program Guide*
- Pen and paper
- Watch or chronometer
- Pocket mask and several pairs of gloves
- Training first aid kit

* If you already have these manuals. Otherwise, you will have to buy them when you register and they will be handed to you on the first day of training.