

STANDARD FIRST AID/AED

16 HOURS TRAINING

SYLLABUS

Updated September 2024

LIFESAVING FIRST AID BOATING EDUCATION SWIMMING

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**PREVENT
DROWNING**

INTRODUCTION AND COURSE OBJECTIVES

Standard First Aid/AED courses prepare the candidate for the role of first responder during an emergency requiring knowledge of first aid. The candidate will be asked to administer elementary first aid treatment to stabilize an injury while waiting for emergency prehospital care. The courses will also allow candidates to use an automatic external defibrillator and administer epinephrine using an auto injector (as taught in the 1,5h MSSS) during situations prescribed by the *Regulation respecting the professional activities that may be engaged in within the framework of pre-hospital emergency services and care*.

- **Standard First Aid/AED – Sports & Recreation:** This training also allows the candidate to take on a preventative role during certain recreational and sporting activities by allowing them to rapidly recognize abnormal signs and symptoms and to apply the necessary measures. This course can be adapted depending on the nature of the sport or activity in which the candidate is participating.

This course meets the requirements of the Canadian Standards Association (CSA) Standard Z1210-17 — Occupational First Aid Training.

LEARNING OUTCOMES

At the end of the course, the candidate will be able to:

- ☐ Recognize and define the five (6) links of the Chain of Survival™ and describe their own role in the Chain of Survival™
- ☐ Recognize the controllable and non-controllable risk factors;
- ☐ Explain the legal framework related to first aid;
- ☐ Execute a primary assessment on an unconscious and conscious victim without complication;
- ☐ Demonstrate communication with emergency medical services (EMS);
- ☐ Identify signs and symptoms of different medical and traumatic cases;
- ☐ Demonstrate elementary treatments for different victims;
- ☐ Perform cardiopulmonary resuscitation and airway deobstruction on different subjects (adult, child and/or toddler, depending on the chosen option).
- ☐ React to possible complications of resuscitation;
- ☐ Use an automatic external defibrillator;
- ☐ Recognize the signs and symptoms of severe allergic reactions and apply epinephrine injection protocol for a victim known to be allergic;

EVALUATION

Course evaluation is done on a progressive basis. The candidate will be evaluated throughout the exercises, activities, practice sessions or simulations.

COURSE DESCRIPTION

- | | |
|---------------------|--|
| Duration: | ☐ Standard First Aid/AED: 16 hours
☐ Standard First Aid/AED – Sports & Recreation: 16 hours |
| Mandatory material: | ☐ Canadian first aid manual
☐ Pocket mask and gloves |
| Award validity: | ☐ 3 years |

PREREQUISITE

No prerequisite

ATTENDANCE

The candidate's presence and participation is required for the entirety of the course for them to adequately complete the training and obtain their certification.

ATTITUDES AND BEHAVIOUR

A respectful and safe behaviour is always expected during the training.

COMPLAINTS UNDER THE HARASSMENT AND MISCONDUCT POLICY

The Lifesaving Society is committed to the well-being of Quebec's athletes and sport stakeholders and wants them to be able to thrive in their sport, work, or teaching environment, regardless of their level or role. Athletes, coaches, officials, employees, and volunteers have the right to participate in sport in a healthy, safe, open, and inclusive training, work, and competition environment, free from all forms of abuse, harassment, and discrimination. Creating this safe environment is a responsibility shared by all.

In order to take a clear stance against violence and to take the means to assume their responsibilities, the Lifesaving Society is committed to implementing:

- An integrity protection policy, including an independent complaint management mechanism for situations of abuse, harassment, neglect or violence;
- A policy of criminal record checks (screening), which will apply to all directors, staff and those, such as volunteers, who act on their behalf, both in their interpersonal relations and with members;
- Awareness-raising, information and training measures on the subject of integrity protection.

Here is some important reference information:

- [Harassment and misconduct policy](#) (in French only)
- [I file a complaint platform](#) (in French only)

An independent officer has been appointed to manage complaints of abuse, harassment, neglect or sexual violence or other nature. Complaints can be filed using the online form available at the link below:



ABUSES, HARASSMENT, NEGLECT AND VIOLENCE



ADMINISTRATIVE COMPLAINT

POLICY, RULES, AND PROCEDURES REGARDING THE PROTECTION OF THE INTEGRITY

The Lifesaving Society is following in the footsteps of sports federations recognized by the Quebec government, by adopting a [Policy, Rules and Procedures for the Protection of Integrity](#).

At their last meeting, the Board of Directors adopted a resolution containing the Policy, rules and procedures for the protection of integrity.

We invite you to familiarize yourself with it, and to share the various visuals of the awareness campaign in the Policies section of the [Positions | Policies | Codes page](#).

ADMINISTRATION

The Lifesaving Society is a non-profit organization which relies on the commitment, dedication and professionalism of its instructors and affiliate members. The Lifesaving Society develops its trainings in partnership with its volunteers and different national and international organizations.

Completing this training will allow you to obtain an award issued by the Lifesaving Society and recognized by governmental instances. After the trainer or affiliate member transmits the results to the Lifesaving Society, the Lifesaving Society will send you your award.

Once you have received your award, you should check if the information is accurate. In case of error, you have three months following the date of the exam to contact the Lifesaving Society to make the necessary corrections.

CONTACT

Course manager
(affiliate member): _____

Phone: _____ Email: _____

Coordinates:

IMPORTANT NOTICE

FOR ALL TECHNICAL QUESTIONS, THE CERTIFIED INSTRUCTOR TEACHING THE COURSE MUST ALWAYS REFER YOU TO THE OFFICIAL DOCUMENTATION OF THE *LIFESAVING SOCIETY*

You wish to develop your knowledge?

Consult the **FIRST AID** section of our website and explore all the available possibilities!

www.sauvetage.qc.ca

Course content	Standard first aid/AED	Standard first aid/AED – Sports and recreation
The description of each item below can be found in the Guide des certificat Premiers soins		
Item 1 - First aid basic principles	✓	✓
Item 2 - Anatomy and physiology	✓	✓
Item 4 - Transport of injured victim	✓	✓
Item 5 - Communicating with the EMS	✓	✓
Item 6 - Communication with the emergency response services	✓	✓
Item 7 - Prehospital assessment	✓	✓
Item 8 - Primary assessment	✓	✓
Item 9 - Secondary assessment	✓	✓
Item 10 - Chain of Survival™	✓	✓
Item 11a - Resuscitation techniques – Adult, child and infant	✓	✓
Item 12 - Airway obstruction – Conscious adult, child and infant	✓	✓
Item 13 - Airway obstruction – Unconscious adult, child and infant	✓	✓
Item 14 - Rescue breathing complications or specific situations	✓	✓
Item 15 - AED functions and knowhow	✓	✓
Item 16 - AED protocol for one and two rescuers	✓	✓
Item 17 - Shock / fainting	✓	✓
Item 18a - Convulsions and diabetic problems	✓	✓
Item 18b - Glycemia-related problems	✓	✓
Item 19a - Cardiovascular emergencies	✓	✓
Item 19b - Respiratory emergencies	✓	✓
Item 19c - Intoxication / poisoning	✓	✓
Item 19d - Abdominal pains	✓	✓
Item 20a - Problems due to the cold	✓	✓
Item 20b - Problems due to the heat	✓	✓
Item 20c - Burns	✓	✓
Item 20d - Electrocution	✓	✓
Item 21 - Bleeding	✓	✓
Item 22 - Head and spinal injuries	✓	✓
Item 23a - Musculo-skeletal injuries	✓	✓
Item 23b - Soft tissue injuries	✓	✓
Item 23c - Thoracic wounds	✓	✓
Item 23d - Facial wounds	✓	✓
Item 24a - Sport & Recreation - Prevention		✓
Item 24b - Sport & Recreation – Intervention		✓