

CARDIOPULMONARY RESUSCIATION & AUTOMATED EXTERNAL DEFIBRILLATION (AED)

3 - 5 HOURS TRAINING

SYLLABUS

Updated September 2024

LIFESAVING FIRST AID BOATING EDUCATION SWIMMING

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**PREVENT
DROWNING**

INTRODUCTION AND COURSE OBJECTIVE

Cardiopulmonary resuscitation/AED (A, B or C) and Automated external defibrillation (AED) courses allow candidates to acquire individual skills to efficiently treat a victim, adult, child or infant (depending on the chosen option), in cardiopulmonary arrest and/or with obstructed airways.

This training also allows candidates to use an automated external defibrillator 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*.

LEARNING OUTCOMES

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

- ☐ Recognize and define the six (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)
- ☐ Perform cardiopulmonary resuscitation and airway disobstruction on different subjects (adult, child and/or toddler, depending on the chosen option)
- ☐ React to possible complications of resuscitation
- ☐ Use an automatic external defibrillator

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 : | ☐ CPR/AED – A (adult): 3 hours |
| | ☐ CPR/AED – B (adult and child or toddler): 4 hours |
| | ☐ CPR/AED – C (adult, child and toddler): 5 hours |
| | ☐ AED : 3 hours |
| Mandatory material : | ☐ First aid booklet |
| | ☐ Pocket mask and gloves |
| Award validity : | ☐ 3 years |

PREREQUISITE

- ☐ No prerequisite for the **Cardiopulmonary resuscitation/AED (A, B or C)** course.
- ☐ For the **Automated external defibrillation (AED)**, the candidate must have a valid CPR/DEA certification or have a valid first aid certification or a valid Bronze medal award or higher.

ATTENDANCE

The candidate's presence and participation are 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

Lifesaving Society

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	CPR/AED - A	CPR/AED - B	CPR/AED - C	AED
<i>* Specificities of the CPR/AED trainings:</i> <i>CPR/AED – A: only techniques with an adult subject are discussed.</i> <i>CPR/AED – B: techniques with an adult or child subject are discussed.</i> <i>CPR/AED – C: techniques with an adult, child or infant subject are discussed.</i> The description of each item below can be found in the Guide des certificats Premiers soins				
Item 2 – Legal aspects of an intervention	✓	✓	✓	<i>Revision</i>
Item 5 - Communication with the EMS	✓	✓	✓	<i>Revision</i>
Item 8 - Primary assessment	✓	✓	✓	<i>Revision</i>
Item 10 - Chain of Survival™	✓	✓	✓	<i>Revision</i>
Item 11a - Resuscitation techniques – Adult, child and infant	✓	✓	✓	<i>Revision</i>
Item 12 - Airway obstruction – Conscious adult, child and infant	✓	✓	✓	<i>Revision</i>
Item 13 - Airway obstruction – Unconscious adult, child and infant	✓	✓	✓	<i>Revision</i>
Item 15 - AED functions and knowhow	✓	✓	✓	✓
Item 16 - AED protocol for one and two rescuers	✓	✓	✓	✓
Item 19a - Cardiovascular emergencies	✓	✓	✓	<i>Revision</i>