



## First Aid & the Lifesaving Society

First Aid knowledge and skills have always been a part of the training of the Lifesaving Society programs. Beginning in 1891 with the first Bronze Medallion, the Society recognized that first aid skills were a critical part of the lifesaving process.

First aid is a valuable life skill that is applicable in any environment. It provides people with the rescue skills to manage illness or injuries while accessing emergency services. First aid training also has an injury prevention role. Research has shown that individuals with first aid training are less likely to become injured. First Aid training from the Lifesaving Society is a continuation of the Society's efforts to provide Canadians with the education to prevent water related incidents and to provide appropriate responses if an injury occurs.

The First Aid programs provide the opportunity for more Saskatchewan residents to become members of the Lifesaving Society and become lifesavers. For Lifesaving Instructors & Aquatic Facilities, it creates opportunities to reach more individuals with our training programs and also provides more leadership options within the Society.

## Lifesaving Society First Aid Programs

### Lifesaving Emergency First Aid

An 8-hour first aid course designed for individuals who would like a general knowledge of first aid and emergency treatment of injuries. The skills in this program include victim assessment, CPR, choking, respiratory and circulatory emergencies such as heart attack and stroke and how to deal with external bleeding. Successful candidates receive both their Lifesaving Emergency First Aid and CPR A certifications.

### Lifesaving Standard First Aid

This Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. Lifesaving Standard First Aid is for those who want an in-depth understanding of first aid including spinal injuries, heat and cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. This course meets the requirement of the Saskatchewan Occupational Health and Safety requirements for Class A Qualification. Successful candidates receive both their Lifesaving Standard First Aid and CPR C certifications.

### Lifesaving Aquatic Emergency Care

Aquatic Emergency Care includes a standard first aid course plus an aquatic skills module. The aquatic skills include shallow water rescue and aquatic spinal injury management. This course is ideal for lifeguards or any other individual who may need to apply first aid in an aquatic setting. This course meets the requirement of the Saskatchewan Occupational Health and Safety requirements for Class A Qualification. Successful candidates receive both their Lifesaving Aquatic Emergency Care and CPR C certifications.

### Lifesaving CPR – Cardiopulmonary Resuscitation

The Lifesaving Society includes CPR skills and training in many Society awards – Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Emergency First Aid, Lifesaving Standard First Aid, Aquatic Emergency Care, etc. The CPR skills are included with additional aquatic rescue and first aid training. The Society also offers 4 CPR courses as separate awards that are not required to be linked to aquatic environments or other training awards.

The Lifesaving Society CPR training program incorporates the standards established by the Heart and Stroke Foundation of Canada.

### Lifesaving AED- Automated External Defibrillation

Lifesaving AED training is designed to teach first aiders to recognize when to use an Automated External Defibrillator and the basic steps of AED operation. Use of an AED along with CPR is recommended for victims of cardiac arrest.

## Wanted – Lifesaving First Aid Instructors



Do you want to expand your knowledge of first aid and CPR?  
Do you want to increase your marketability as instructor?  
Do you want to make Saskatchewan a safer place for everyone?

If you answered yes to any of these questions then you should consider becoming the next Lifesaving First Aid Instructor in Saskatchewan. To become a Lifesaving First Aid Instructor you need to meet the following three simple steps;

- Hold a current Lifesaving Instructor award as well as a current Standard First Aid Award or AEC
- Successfully complete a 16 hour Lifesaving First Aid Instructor Course
- Successfully complete two Lifesaving First Aid courses under the supervision of an experienced Lifesaving First Aid Mentor.

Not a current Lifesaving Instructor, not a problem. The Lifesaving Society allows individuals with CPR, First Aid and AED Instructor certifications from other recognized training organizations to transfer their certifications to the Lifesaving Society. Call the Lifesaving Society office for details.

### Upcoming Lifesaving First Aid Instructor Courses

**Regina** - July 7th-8th

**Swift Current** - Aug. 25th-26th

**Yorkton** - July 21st-22nd

**Humboldt** - July 25th-26th

**Saskatoon** - Aug. 25th-26th

\* Plan on attending? Cost - \$170.00 Manuals - \$53.00 + GST

\* Lifesaving First Aid Instructor Courses includes Lifesaving AED Instructor certification.

## Updates for Aquatic Emergency Care Instructors/Examiners/Mentors

All Aquatic Emergency Care Instructors/Examiners/Mentors are invited to attend an update clinic to learn the new First Aid program. Update clinic will take place in:

**Regina** - July 8th

**Swift Current** - August 26th

**Saskatoon** - August 26th

**Yorkton** - July 22nd

### Welcome to the Society!

Five new Lifesaving Instructors were certified in Nipawin on June 4th. The Nipawin Pool staff members (Brittany, Sarah, Jocelyn, Andrea and Ashley) are looking forward to instructing Bronze Medallion and Bronze Cross classes this summer as well as educating everyone about the Swim to Survive Standard.



The Nipawin Pool staff would like to challenge all other rural community pools to educate as many people as possible about drowning prevention during Drowning Prevention Week from July 15th – 22nd, 2007.

### Test Sheet Reminder

#### **Four Points to Remember**

- 1) Fill in your sheets completely.
- 2) Ensure the candidates have the prerequisites.
- 3) Print neatly so we can read the names.
- 4) Don't forget to send them in!

### The Protection of the NLS Award Standard

The NLS award is more than just a lifeguarding course and certification card used for employment purposes. It builds on the fundamental skills, knowledge and values taught in the prerequisite lifesaving awards. It develops the practical skills and knowledge required by lifeguards in accordance to the Society's position in areas of aquatic safety and industry standards.

In the advent of a serious injury or drowning, issues of liability may arise. Employers and their NLS certified lifeguards who responded within the scope of their training will have the Society's full support.

The Society is called on to provide expert witness services to the Courts and other parties in the areas of aquatic safety and industry standards. The Society's testimony will reflect the Lifesaving Society's standards, publications and research into drowning and injury prevention, water rescue and aquatic safety systems.

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