

FIRST AID TRAINING

BE PREPARED—
AT WORK, HOME AND PLAY



St. John Ambulance

SAVING LIVES
at work, home and play

www.sja.ca

CANADA'S MOST TRUSTED SOURCE FOR FIRST AID TRAINING



St. John Ambulance

St. John Ambulance has been ensuring the health, safety and quality of life for Canadians for well over a century. As part of one of the world's oldest humanitarian organizations—The Order of St. John—St. John Ambulance Canada has been leading the way in public safety in our country since 1883.

St. John Ambulance has become the first name millions of Canadians think of when it comes to public safety, first aid training and products. In times of need—large and small, regional, provincial and national—St. John Ambulance is always there. Each year, more than 6,000 St. John Ambulance first aid instructors train over half a million Canadians.





FIRST AID TRAINING AT WORK, HOME AND PLAY

St. John Ambulance offers Canada's most comprehensive, state-of-the-art training programs for businesses, individuals and communities. Choosing St. John Ambulance for first aid training will give you life-saving skills and help communities across Canada. Proceeds from our training programs support services for seniors, youth, the community and so much more.

Developed in conjunction with leading health care organizations, first aid training by St. John Ambulance is led by highly trained instructors and incorporates the latest teaching methods to maximize learning. St. John Ambulance first aid training features a highly effective combination of personalized instruction, how-to videos and learn-as-you-go training guides.

St. John Ambulance programs are modular, which means we can help you design a course suited to your exact requirements. St. John Ambulance is convenient: you can choose to receive training at one of our locations or your own workplace.



BE PREPARED WITH LIFE-SAVING SKILLS from St. John Ambulance

The most requested training programs are:

Emergency First Aid Training

This 6.5-hour course provides participants with a sound knowledge of what to do when a life-threatening illness or injury occurs.

Standard First Aid Training

Based on a minimum of 13 hours of instruction, this in-depth program provides the benchmark for first aid and CPR education. Participants take compulsory and elective lessons.

Other popular First Aid Training courses include

- CPR (Adult, Child, Infant)
- Automated External Defibrillation (AED)
- Wilderness First Aid Training
- Medical First Responder (3 Levels)
- Babysitter Training
- WHMIS: Workplace Hazardous Materials Information System

Contact your local St. John Ambulance office or visit www.sja.ca for further information on our First Aid Training programs.

Compulsory Lessons

Both **Standard First Aid** and **Emergency First Aid** include 4 hours* of training in the compulsory lessons below:

- CPR
- Emergency Scene Management
- Shock, Unconsciousness and Fainting
- Choking (Adult)
- Severe Bleeding

Elective Lessons

In addition to the compulsory lessons, all public programs are designed to comply with provincial and federal workplace regulations. Elective components are chosen from the list below:

- **Medical Conditions**
(Diabetes, Convulsions, Asthma, Allergies)
- Child Resuscitation
- Infant Resuscitation
- CPR—Two-Rescuer Cardiovascular Emergencies (Adult and Child)
- Automated External Defibrillation
- Secondary Survey
- Bone and Joint Injuries (Lower Limbs)
- Bone and Joint Injuries
(Upper Limbs, Muscle Strains)
- Head, Spinal and Pelvic Injuries
- Chest Injuries
- Wound Care
- Multiple Casualty Management
- Rescue Carriers
- Eye Injuries
- Burns
- Poisons, Bites and Stings
- Emergency Childbirth and Miscarriage
- Artificial Respiration
(Adult, Child and Infant)
- Environmental Illness and Injuries

Standard First Aid requires 8 hours* and **Emergency First Aid** requires 2 hours* of training the elective lessons above.

* The length of training courses may vary, depending on prior knowledge, modules selected and provincial or territorial regulations.

ABOUT ST. JOHN AMBULANCE IN CANADA

First aid and CPR save lives. As Canada's standard for excellence in first aid and CPR services, St. John Ambulance plays an integral role in our society. Building on a 900-year tradition, St. John Ambulance offers innovative programs and products, ensuring Canadians receive the best quality training and expertise. People across the country benefit from the care and safety provided by St. John Ambulance community service teams.

Quick Facts:

- *Established in 1883 in Canada*
- *Member of one of the world's oldest humanitarian organizations—the Order of St. John*
- *Serving communities across Canada*
- *25,000 volunteers provide two million volunteer hours annually*
- *6,000 certified instructors*
- *Provides first aid and CPR training programs that contain the latest protocols and meet provincial and federal regulations*
- *Trains more than 550,000 Canadians in first aid and CPR each year*
- *Markets a complete range of high quality first aid kits and supplies for use at work, home and play*
- *Supports humanitarian relief efforts across Canada and around the world*



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For further information about St. John Ambulance in your community, please visit www.sja.ca or contact

Provincial and Territorial Offices:

Newfoundland – St. John's	(709) 726-4200
Prince Edward Island – Charlottetown	(800) 618-4697
Nova Scotia – Dartmouth	(800) 565-5056
New Brunswick – Fredericton	(800) 563-9998
Quebec – Montreal	(514) 842-4801
Ontario – Toronto	(800) 268-7581
Federal District – Ottawa	(613) 722-2002
Manitoba – Winnipeg	(204) 784-7000
Saskatchewan – Regina	(306) 522-7226
Alberta – Edmonton	(800) 665-7114
British Columbia – Vancouver	(866) 321-2651
Yukon – Whitehorse	(867) 668-5001
Northwest Territories and Nunavut – Yellowknife	(867) 873-5658

National Office: Ottawa, Ontario (613) 236-7461