

St. John Ambulance Course Descriptions

Cardiopulmonary Resuscitation

(CPR) Classes: All include Automatic External Defibrillator (AED)

CPR-A (\$70) 4 hours: This course focuses upon first aid response for choking and unconscious adults.

CPR-B (\$80) 5 hours: Infant and children procedures for choking and resuscitation are covered in addition to the adult procedures.

CPR-C (\$90) 6 hours: This level covers adult, child and infant resuscitation procedures and includes two rescuer CPR procedures.

CPR-HCP (\$100) 8 hours: This course is specifically designed for the Health Care professional. Course covers bag valve mask skills in addition to covering the Health Care provider standards for resuscitation of adults, children and infants.

First Aid Classes: all classes include Automatic External Defibrillator Training

Emergency First Aid (\$70) 6.5-8 hours: This course covers basic lifesaving skills and introduces the treatment of bleeding and the management of an unconscious casualty.

OHS Standard First Aid and CPR-A (\$140) 16 hours: This course meets the provincial Occupational Health and Safety legislated "A" certificate required in most workplaces. Course content includes procedures for unconsciousness, broken bones, life threatening medical emergencies, and environmental injuries. Focus is on maintaining and managing a casualty until medical help arrives.

OHS Standard First Aid and CPR-B (\$150) 17 hours: Infant and child resuscitation techniques are covered in addition to all topics covered in an OHS Standard First Aid and CPR-A class. Recommended for people who work with youngsters.

OHS Standard First Aid and CPR-C (\$160)

18 hours: This course includes team resuscitation training in addition to covering all standard first aid skills and adult, child and infant procedures.

Recommended for people involved in team settings such as industrial first aid groups, lifeguards, police officers, fire fighters and anyone wishing to enter the medical field.

Specialty Courses

Marine Basic First Aid (\$140) 16 hours: This course conforms to the Department of Transport requirements for first aid coverage on a vessel engaged on a near coastal, Class 2 or sheltered waters voyage.

Marine Advanced First Aid (\$390) 40 hours: This course conforms to Department of Transport requirements on a near coastal, class 1 or unlimited voyage.

Personal Care Worker (\$135) 16 hours: An orientation to the requirements and responsibilities for delivering personal care to others. Course meets Sask Health requirements for care home employees. Recommended for people caring for older individuals in a care home setting.

Pet First Aid (\$50) 4 hours: An introductory look at basic life saving techniques for the family pet. It provides the tools to respond safely and effectively to emergencies involving domestic animals.

What Every Babysitter Should Know (\$40) 6.5 hours: Course is aimed at 12-16 year olds interested in taking responsibility for younger children. Content includes safety practices, child care basics, introductory first aid and activities to try. Hands on participation and skill development is the focus.

Wilderness First Aid I (\$85) 8 hours: Introduces participants to the special challenges of performing first aid in remote locations.



St. John Ambulance

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