



# Program Overview

## STANDARD FIRST AID - *Refresher*

**Theory**  
 Student self-study prior to courses.

**Written review administered at course**

**Practical Skills**

- Initial Assessment
- Rescue Breathing
  - Adult
  - Child
  - Infant
- Bandaging
- Movement & Transportation
- Recovery Position
- C.P.R.
  - Adult
  - Child
  - Infant
- Secondary Assessment
- Head, Neck, and Spinal Injuries
- Musculoskeletal Injuries
  - Sprains, Strains, Fractures and Dislocations
- Splinting Techniques
- Airway Management - Conscious & Unconscious casualties
  - Adult
  - Child
  - Infant

*Course Length 8 Hours*

**Who would benefit from this program?**

*Individuals who are in contact with the public, work with children or community groups where advanced help is within 40 minutes.  
 Program is a prerequisite for careers in public service.*

## Scheduling

Call our Safety Training Specialists for a course schedule or to discuss flexible scheduling options for group training.

# (403) 571-7655

