



St. Johns Ambulance Courses Proposed For Cedar Rock

All residents of Cedar Rock will have access to the following courses offered by St. Johns Ambulance. The intent is to ensure that the community, as a whole, is prepared for health-related and safety emergencies. The goal in providing these courses (and others) is to ensure that everyone will have at least a minimum understanding of what they personally can do in a variety of situations.

CPR-C/AED:

This 8 hour course covers CPR protocols and Automated External Defibrillation. Lesson topics are presented through student pre-reading of lessons, DVD's, and skill practice sessions. Course Content Includes:

There is a multiple choice test at the end of the course. A CPR-C with AED Certificate will be awarded upon successful completion of the course.

A full class size is 18; and a minimum class size is 12.

Topics covered include:

- Emergency Scene Management
- Shock, Unconsciousness and Fainting
- Choking Adult
- Cardiovascular Emergencies/Adult CPR
- Child & Infant Resuscitation
- Two Rescuer CPR Adult
- Automated External Defibrillation
- Artificial Respiration

Lifesaver Course:

This 4.25 hour introductory course is designed to teach the basics of first aid and adult CPR. This is a participation course designed for 10 years of age and older, that is taught in a comprehensive manner using lecture demonstrations and practical exercises. Included are five of the most required skills to save a life.

A St. John Ambulance certificate of attendance will be awarded upon successful

- Emergency Scene Management
- Shock, Unconsciousness and Fainting
- Choking Adult
- Cardiovascular Emergencies/Adult CPR
- Wound care and severe bleeding
- Medical Conditions
- Burns
- Poisoning

Registrations:

Registration and payment will be completed through the Kelowna Branch. All Student information is held in a confidential national database, which enables convenient tracking and quick referencing for certificate replacement.

St. John Ambulance is in complete compliance with all WorkSafe BC standards for training equipment, supplies, record keeping, Instructor/Student ratios, square footage, and certification.

Over 44% of all WorkSafe BC required training is conducted by St. John Ambulance. St. John Ambulance strictly adheres to the *Personal Information Protection Act*.

Why Cedar Rock Chose St. John Ambulance?

St. John Ambulance is the oldest humanitarian organization in the world with over 900 years of service and 125 years in Canada:

- Every year, St. John Ambulance trains about 3,600 people in Kelowna, and 100,000 across British Columbia in First Aid and CPR;
- In Kelowna, St. John Ambulance has close to 90 Volunteers - both Medical First Responders (who provide free first aid to Community events) and Therapy Dogs who visit seniors communities, schools and hospitals;
- Each year, the Kelowna Branch provides free CPR on Community CPR day. Their goal is to ensure that at least one member of every household is trained in

CPR;

- St. John Ambulance works closely with Emergency Social Services to provide First Aid at evacuation centers 24/7 and other activities in time of need. During the 2003 firestorms, St. John Ambulance volunteered over 5,000 hours & approximately 600 hours to the 2009 West Kelowna and area fires.
 - St. John Ambulance is a leader in Emergency Preparedness education, working in partnership with Emergency Social Services, Public Safety Canada, the Provincial Emergency Program and BC Hydro;
 - In Kelowna, there are 12 highly qualified St. John Ambulance Certified Instructors. Province-wide, St. John Ambulance has nearly 400 Instructors who must first pass a rigorous selection process followed by an Instructor Certification Program that is second to none – including learning how to adapt teaching to a wide-range of audiences and team coaching.
- * St. John Ambulance Instructors are held to the highest quality standards through the application of regular formal class monitoring, and a systematic class evaluation system.