



Carolynn Carlson

Is Certified in Standard First Aid & CPR/AED level C (BL) CSA Std. Z1210-17 – Intermediate

Certificate number: 104771679

Expiry Date: 2027-02-14

Issue Date: 2024-02-15

Issued in: AB

To validate a certificate, go to myrc.redcross.ca and click on Validate Certificate. Complete both fields and click on Validate. The search result will either verify the certificate or indicate an issue.

Angie Jackson's First Aid and CPR

Canadian Red Cross Society Standard First Aid meets all Provincial, Territorial and Federal workplace legislative requirements. It also meets the requirements of CSA Standard Z1210-17 First Aid Training for the Workplace – Curriculum and Quality Management for Training Agencies

Specifically in Saskatchewan, legislation requires the following to be listed on the wall certificate:

1. Course Duration: 18-22 hours includes 14-16 hours first aid, and 4-6 hours CPR
2. Course Content includes the following:
 - a. **Preparing for Emergencies**
 - b. **The Role of the First Aider:** Legal aspects, prevention of disease transmission, responsibilities of the first aider, coping with a traumatic event, crisis intervention, shaken baby syndrome
 - c. **The Emergency Medical Services System:** When and how to call EMS, interaction with EMS
 - d. **Basic Anatomy and Physiology:** Body systems
 - e. **Primary and Secondary Assessment:** Recovery position, when & how to use
 - f. **Emergency Scene Management**
 - g. **Assessment and Monitoring of Basic Vital Signs**
 - h. **Respiratory Emergencies:** Basic respiratory system, anatomy, management of airways, resuscitation, airway obstruction, conscious and unconscious adults, child, and infant, prevention, recognition & treatment
 - i. **Chest Injuries:** Pneumothorax, hemothorax, flail chest, penetrating chest wound
 - j. **Respiratory Distress:** Asthma, hyperventilation, anaphylactic shock
 - k. **Circulatory Emergencies:** Basic anatomy of circulatory system, heart attack and stroke, risk factors, signs and symptoms of heart attack and stroke
 - l. **Cardiopulmonary Resuscitation (includes barrier devices):** Adult, child, and infant including the use of AED.
 - m. **Bleeding & Wounds:** Control of bleeding, bandaging, severe bleeding, tourniquet, shock, unconsciousness and fainting
 - n. **Soft Tissue Injuries & Abdominal Injuries**
 - o. **Head, Spinal and Pelvic Injuries:** Spinal motion restriction, eye injuries, mouth and facial injuries
 - p. **Upper and Lower Extremity Injuries (fractures)**
 - q. **Medical Emergencies:** Diabetes, epilepsy, convulsions, childbirth
 - r. **Environmental Injuries:** Assessment and treatment of burns, hypothermia, heat and cold related emergencies
 - s. **Assessment and Treatment of Poisons and Substance Misuse and Abuse**
 - t. **Multiple Casualty Management**
 - u. **Movement of Casualty:** Rescue moves
 - v. **Understanding and Familiarity with Relevant Occupational Health & Safety**
3. Expiry Date: This certificate is valid for 3 years from the date of issue
4. Recertification can be obtained by attending a recertification course prior to the expiry date of this certificate. All recertification's include assessing skills and knowledge components listed above, as well as providing any new information



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