

# HOW PREPARED ARE CANADIANS IN First-Aid



What We Can Learn & How We Can Improve



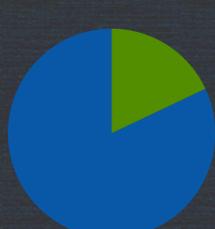
68% of Canadians say they can recognize the signs of a life-threatening emergency, like choking or cardiac arrest, but less than half believe they have the skills to provide life-saving basic first aid.

## 01 Are You Prepared For an Emergency?

Although nearly 98 percent of Canadians say knowing how to perform first aid is important, 82 percent have not taken a first aid course within the last three years.

Percentage of Canadians Who Have Taken a First Aid Course in the Last 3 Years

Percentage of Canadians that are Prepared in a basic First Aid Situation



## 02 What Should I Know?

The following are considered the basics of First Aid

### Artificial Respiration (CPR) & Air Way Obstruction



- Check the Airway
- Check for Breathing
- Clear the Airway
- Perform CPR
- Recovery Position

### Electrical Shock



- Evaluate the Danger
- Check for a Response
- Check for Breathing
- Deal with the Burns
- Review Other Injuries

### Life Threatening Bleeding



- Call EMS/911 Immediately
- Use Protection
- Identify and Examine
- Use Direct Pressure
- Do Not Remove Pressure Until EMS Arrives
- Clean Up

### Bone & Joint Injuries



- Identify the Injury as a Fracture, Sprain, Strain or Dislocation
- If the Fracture is Serious Call EMS/911
- For Sprains and Strains follow the RICE treatment: Rest - Immobilize - Cool - Elevation
- Apply a Splint if medical attention is greatly delayed

### Head & Spinal Injuries



- EMS/9-1-1 should be called immediately if a head or spinal injury is suspected.
- Until they arrive: Monitor the victim
- Encourage Stillness (Support Only if Necessary)
- Control Bleeding
- Immobilize Person

## 03 Where Can I Get Training?

No matter where you may live in Canada, there are many options to choose from when it comes to quality First Aid training. We have provided some options below.

While taking courses online is convenient and depending on where you live may be the only option - we recommend a "hands on" training experience whenever possible.



The Red Cross offers First Aid Training & Certification at various locations across Canada, as well as online.

<http://www.redcross.ca/training-and-certification>



St. John Ambulance

Canada

<http://www.sja.ca/English/Pages/default.aspx>

For over a century, St. John Ambulance Canada volunteers have been dedicated to a singular vision: to enable Canadians to improve their health, safety and quality of life by providing community services and first aid training.



Royal Lifesaving Society

Canada

<http://www.rlsscommonwealth.org/rlss-members/canada/>

The Lifesaving Society is the lifesaving expert for Canada and a full-service provider of programmes, products and services designed to prevent drowning.



Heart & Stroke Foundation

Canada

<http://www.heartandstroke.ca/>

For over 60 years, Heart & Stroke has been dedicated to fighting heart disease and stroke. Our work has saved thousands of lives and improved the lives of millions of others.



TriTech Safety & Training

Alberta, British Columbia & NWT

<https://tritechsafety.ca/>

TriTech Safety offers a vast array of safety courses, including Standard First Aid CPR & AED, Emergency First Aid (CPR & AED) and Emergency Response. First Aid courses are certified by the Red Cross.

TriTech is currently offering an eBook on the Basics of First Aid.

The focus of this guide is to help you recognize situations where First Aid is required and to provide you with the information needed to perform care until emergency medical service (EMS) personnel arrive.

It works with eReaders, making it a great option to always have on your Smart Phone.

Download it for Free at the link below!

<https://tritechsafety.ca/wp-content/uploads/2017/06/TriTech-FirstAid-eBook.pdf>

### Resources

<http://www.redcross.ca/about-us/newsroom/news-releases/archives/2012/number-of-canadians-trained-in-first-aid-at-dangerous-low,-suggests-new-poll>

<https://tritechsafety.ca/free-tritech-standard-first-aid-digital-toolbox-guide/>

<http://www.sja.ca/English/Pages/default.aspx>

<http://www.rlsscommonwealth.org/rlss-members/canada/>

<http://www.heartandstroke.ca/>

<https://tritechsafety.ca/courses/>