



## New Training for HEALTH CARE PROFESSIONALS

FIRST FOR SAFETY has been a Training Partner for the Red Cross for over 20 years, and so we've seen many changes to first aid and CPR standards and programming over the years. We're now very excited to announce new programming for health care professionals this Spring 2019! CPR Level HCP (Health Care Provider) will no longer be available as of April 1, 2019, we now offer four new certifications/recertifications to satisfy the training needs of health care professionals and support staff, first responders and those looking for more advanced training.

CERTIFICATION	LENGTH OF CERTIFICATION	TRAINING COVERS
Basic Life Support (BLS)	1 Year	Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and provide the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation.
Basic Life Support Recertification (BLS-Recert)	1 Year	
Oxygen Therapy (OT)	3 Years	Designed to provide participants with the knowledge and skills to correctly identify when it is necessary to administer supplemental oxygen. Participants learn how to properly and safely handle and assemble the equipment, and how to correctly delivery supplemental oxygen through various delivery devices.
Airway Management (AM)	3 Years	Designed to provide participants with the knowledge and skills to create a patent airway, the interventions to maintain it, and the equipment available to carry out these skills. Participants gain knowledge and skills required to provide appropriate interventions, including measuring and inserting airway adjuncts based on a patient's condition.

### WHERE TO FIND MORE INFORMATION OR REGISTER?

Our website [www.firstforsafety.ca](http://www.firstforsafety.ca) has all the information you need to determine your training needs, including downloadable course information handouts and calendars with upcoming training dates, pricing, course availability, and online registrations once you're ready! You may also give us a call 705-526-3853 or an email [jennifer@firstforsafety.ca](mailto:jennifer@firstforsafety.ca) with any questions or to register.

### QUESTIONS AND ANSWERS

#### **Q. What is Basic Life Support?**

A. Basic Life Support (BLS) is the recognition of, and initial intervention or treatment given by pre-hospital or in-facility responders to, a patient suffering from cardiac arrest or respiratory arrest.

**Q. Why did Red Cross develop the BLS Course?**

A. Development of this course was driven by industry audiences and the need for a clear distinction from public (or lay) CPR courses. Health care provider audiences require a professional, skills-driven resuscitation course that recognizes requisite knowledge.

**Q. Is BLS just a different name for CPR HCP, or are HCP and BLS completely different?**

A. BLS is a new course that is vastly different from HCP, from the target audience to the curriculum and content. BLS is focused on high performance resuscitation and professional skills and does not provide prevention education and address other first aid components as was the case in our HCP curriculum.

**Q. Why is Red Cross ending HCP?**

A. BLS training supersedes CPR HCP training. The introduction of BLS means CPR HCP is no longer needed – audiences who previously requested the CPR HCP Course will either take CPR C or BLS training depending on the skills needed.

**Q. Why is BLS only a one-year certification?**

A. One year is the industry standard for BLS due to the high skill competency required. Resuscitation skills deteriorate over time and professional responders working in a team environment must know all positions and the skills within those positions. In a cardiac arrest event, any team member may be assigned to any role and must be competent to fulfill their duties.

**Q. How long is the BLS Course?**

A. BLS on its own is four hours of instructional time + evaluation time (9am to 1:30pm), with one additional hour for Airway Management certification and a further two hours for Oxygen Therapy certification. At First For Safety, we have conveniently scheduled all three certifications into one day of training with bundled pricing.

**Q. Is there a BLS Recertification Course? If so, how long is it?**

A. Yes, there is a BLS Recertification Course and it is two hours of instructional time. If the participant has Airway Management and/or Oxygen Therapy certification(s) as well, they may recertify those at the same time. Additional time is needed to complete the Airway Management and/or Oxygen Therapy certification(s).

**Q. Is there a minimum age for BLS participants?**

A. There is no minimum age requirement. Participants must be able to successfully demonstrate skill competency.

**Q. Are there prerequisites for BLS now that Airway Management and Oxygen Therapy with oropharyngeal (OPA) and suction are included?**

A. There are no prerequisites. Airway Management and Oxygen Therapy are stand-alone optional certification courses and are not included in the four-hour BLS Course.

**Q. When offering Emergency or Standard First Aid (EFA/SFA) combined with BLS, what is the certification period?**

A. When combining EFA/SFA with BLS, successful participants will receive EFA/SFA certification valid for three years, and a separate BLS certification valid for one year. Annual recertification is required to maintain BLS certification.

**Q. Do you have private courses for BLS, OT and AM?**

A. Yes, we offer private training for groups either at our training facility or in the convenience of your preferred location. Please contact our Training Coordinator, Jennifer Watson, with the number of candidates you are looking to have trained, the type of course, preferred date or date range, to request a quotation:

[jennifer@firstforsafety.ca](mailto:jennifer@firstforsafety.ca)

**FIRST FOR SAFETY**

105 Fourth Street, Midland, ON L4R 3S9

Phone: 705-526-3853 Email: [info@firstforsafety.ca](mailto:info@firstforsafety.ca) Website: [www.firstforsafety.ca](http://www.firstforsafety.ca)

Store hours are Monday through Friday, 8am to 5pm.