



Julie Veldman

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

Certificate number: 105428429

Expiry Date: 2027-10-07

Issue Date: 2024-10-07

Issued in: ON

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.

First 2 Aid Inc.
<https://www.first2aid.ca>

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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