

## First Aid Courses Coming this Spring

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Includes the latest first aid and CPR guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid and CPR. Exceeds competitors' standards by including injury prevention content, CPR and AED.

<b>DURATION</b>	14-16 hours. Flexible scheduling options.
<b>PREREQUISITES</b>	None
<b>COMPLETION REQUIREMENTS</b>	100% attendance, skills demonstration, and 75% min. passing grade on written exam
<b>CERTIFICATION</b>	3-year certification in Standard First Aid, CPR Level A, C, or HCP, and AED
<b>RECERTIFICATION</b>	6–8 hours; includes CPR Level C, adheres to local legislation
<b>COURSE CONTENT</b>	<p><b>List of Topics:</b></p> <ul style="list-style-type: none"><li>• Preparing to respond</li><li>• The EMS system</li><li>• Check, Call, Care</li><li>• Airway emergencies</li><li>• Breathing and circulation emergencies</li><li>• First aid for respiratory and cardiac arrest</li><li>• Wound care</li><li>• Head and spine injuries</li><li>• Bone, muscle and joint injuries</li><li>• Sudden medical emergencies</li><li>• Environmental emergencies</li><li>• Poisons.</li></ul> <p>Includes any other content required by specific legislation</p>

## **About the Instructor - Dan Vale**

Dan Vale is a retired Firefighter with over 25 years of experience. Prior to becoming a Professional Emergency Responder, Dan was a Commercial Deep-Sea Oilfield Diver, working in offshore oilfields in various parts of the world. Due to the remote locations involved in drilling for, & producing subsea oil, Deep Sea Diving Contractors required some of their diving personnel to be trained as Medics, and Dan was trained as a Diver-Medic, as part of his degree program in Underwater Technology at the Florida Institute of Technology. Dan continues his love of diving today as a Master Scuba Trainer for the Professional Association of Diving Instructors.

In the years as a Diver-Medic, Dan developed a keen interest in emergency medical treatment and began teaching First Aid & CPR courses for the Red Cross Society, as well as Basic Trauma Life Support training through the auspices of the International Trauma Life Support agency. He also became one of the principal emergency medical trainers for his employer – Peterborough Fire Services.

In addition to his First Aid teaching, Dan is currently the Lead Instructor for the Emergency Medical Responder portion of the Pre-Service Firefighting program, at Fleming College.

**Dan is a firm believer that learning should be...FUN!** Dan has never forgotten what it is to be a student, and works hard at providing courses that are both informative and entertaining. He also brings many years of professional emergency medical response experience with him to the classroom, giving his teaching a “real-world” perspective.