



**St. John Ambulance**  
**2007 Course Descriptions**  
**St. John Ambulance Southwestern Ontario**

**Standard First Aid with Heartsaver CPR (Adult CPR) 16 hours \$110.00**

This two day or four evening program provides comprehensive coverage of First Aid topics: including management of cardiac emergencies for adult casualties. The first aid certificate earned is valid for 3 years, and is recognized by W.S.I.B., as the required training for first aiders in companies with more than 5 employees. (Does not include AR)

**Standard First Aid with CPR-C (Adult, Child, Infant, AR, Two rescuer) 18 hours \$130.00**

This two day or five evening program, covers a complete Standard First Aid program as well as the full CPR program, which includes choking and CPR responses for all age groups including two rescuer CPR and AR. Successful students receive both their Standard First Aid certificate (valid 3 years) including CPR-C, annual recertification is recommended.

**Standard First Aid recertification with CPR-A (Adult CPR) 9 hours \$80.00**

Persons holding a valid Standard First Aid certificate, on a one time basis only may recertify on this 1 day program. If a re-certification course was the last training done, the candidate must take a full course. Participants are strongly urged to review their books prior to this course. The certificate earned is valid for 3 years. (AR not included)

**Emergency First Aid with Heartsaver (Adult CPR) 8 hours \$75.00**

A one day program which covers the important basics that all first aiders must know to care for a casualty prior to the arrival of Paramedics, it includes: Emergency Scene Management, Shock & Unconsciousness, Choking, Severe Bleeding, Burns, Wound Care and Cardiac Emergencies with Adult CPR. W.S.I.B. recognized for companies with 1-5 employees. (Does not include AR)

**Emergency First Aid CPR/B (Adult, child, infant CPR) 8 hours \$80.00**  
**(AKA Emergency Family Care – 9 hours, special for parents and caretakers)**

A one day program which covers the important basics that all first aiders must know to care for a casualty prior to the arrival of Paramedics, it includes: Emergency Scene Management, Shock & Unconsciousness, Choking, Severe Bleeding, and Cardiac Emergencies with Adult, child and infant CPR. W.S.I.B. recognized for companies with 1-5 employees. (Does not include AR)

**CPR-C (Basic Rescuer) 8 hours \$75.00**

The full program which includes choking and CPR for Adults, Children, and Infant, including AR and two rescuer CPR. This program has lots of hands on practice using manikins. Annual recertification is recommended. **CPR/A (adult CPR only) \$60.00**

**CPR/C Recertification 5 hours \$60.00**

Annual re-certification program for those whose employers, school or job applications require that their CPR certification be within the recommended one year period.

**Babysitting 7.5 hours \$50.00**

“What every babysitter should know” was created for 10-14 year olds to help them be responsible for themselves and their safety, as well as the care of other children. Training includes first aid and responses to a variety of emergencies and the childcare challenges. Students receive a handbook and a certificate indicating their successful completion of the program.

## Specialized Programs

### **Instructor Certification Program 40 hours \$460.00**

This program is designed for participants with an above average knowledge and practical skill base. This program is 5 days in length usually on Friday nights and all day Saturdays and Sundays. Completion of this program may take up to six months to complete. Once completed the candidate will be valid for 3 years pending they instruct a minimum of two courses per year. The recertification cost is \$80.00.

### **Instructor Recertification Program-8 hours \$80.00**

Instructor recertification programs are held annually to assist instructors in maintaining their certifications. Instructors are responsible to attend one of these programs prior to their expiry. Separate **AED Instructor programs** are provided as well to meet annual certification requirements.

### **Automated External Defibrillation (AED) 6 hours \$120.00**

Certificate Course: Geared towards companies who have purchased AED equipment for Emergency Response at their job site. Participants will receive training specific to the equipment manufacturer chosen by the workplace. Students are issued an AED certificate by the St. John Ambulance, AED Medical Director valid for one year.

Non-certificate AED training is included in the Advanced Medical First Responder (see below)

### **Advanced Medical First Responder Level 1 - 40 hours \$495.00**

This course is not yet available on a steady basis; please call the office to check for availability. This highly specialized training is for the person who is required to take a more active role in an Emergency Response Team with a fire Department or large industry. This advanced level 1 course includes standardized assessment protocols, oxygen administration, AED, (defibrillator), and advanced injury management skills. They will be required to complete a pre-course workbook to attend the program. Top quality advanced training with lots of hands on experience.

### **Marine Basic First Aid-16 hours \$130.00**

This course meets the regulations of Transport Canada for certification of Seafarers, (crew members, oilers and deck hands) as specified by the Canadian Coast Guard. Candidates will be required to complete a written exam and perform a variety of practical skills; those candidates who successfully complete this program will receive a certificate that is valid for three years. This course includes lots of hands on.

### **Marine Advanced First Aid 16 hours \$149.00**

This course meets the regulations of Transport Canada for certification of Seafarers, (Officers and Watchkeepers) as specified by the Canadian Coast Guard. This course goes into further detail on topics such as toxicological Hazards and confined spaces, pharmacology, and Oxygen usage. Candidates will be required to complete a written exam and perform a variety of practical skills; those candidates who successfully complete this program will receive a certificate that is valid for three years. This course includes lots of hands on.

### **Marine First Aid recertification 9 hours \$115.00**

Persons holding a valid marine First Aid certificate may take this course. If the recertification was the last course done, the candidate must take the full course this time. This course is very fast paced and students must review their book prior to attending the course.

### **WHMIS 4 hours \$80.00**

The required generic WHMIS program required for your workers. The Instructor will focus on any specific concerns.

## **REGISTRATION PROCESS**

Registrations for courses are taken until the class is full. Early registration is advised to avoid disappointment.

Group or company bookings can be billed by invoice, payable upon receipt, or payable by credit card at the time of booking. Group bookings require a minimum of 10 guaranteed participants in order to process. Certificates will be held until invoice is paid.

St. John Ambulance reserves the right to **cancel** any classes in which the minimum registration was not received, or for any necessary reason. Every effort will be made to notify all registrants, in the event of course cancellation.

In the event of inclement weather St. John Ambulance will attempt to re-schedule the course at the earliest possible time.

St. John Ambulance provides certificates for courses upon successful completion. Mandatory attendance to all sessions is required and students are evaluated on practical skills, as well as a written, multiple choice quiz. Verbal tests are available by request. First aid certificates are valid for 3 years. It is recommended that CPR certificates be renewed annually.

## **CPR STANDARDS**

*All CPR classes are taught to St. John Ambulance national standards, which are in accordance with those set by the Heart & Stroke Foundation of Canada.*