## **CATEGORY: F - COMMUNITY SERVICES**

(A minimum of one proficiency required from this category.)

## SUBJECT: LIFESAVER COURSE LEADER

#### PREREQUISITES

- 1. Minimum age requirement: 14 years.
- 2. A minimum of 2 years efficient service.
- 3. Approval of your divisional officers to undertake this certificate.

## AIM

To prepare Cadets/Crusaders to assist in the delivery of basic first aid training to other community youth groups (brownies, cubs, etc) and eventually to teach the complete course.

#### **INSTRUCTORS/EVALUATORS**

St. John Ambulance Instructors holding NITDP qualifications. Brigade members with minimum BTS Level 1.

#### **REFERENCES AND MATERIALS**

St. John Ambulance publications "We can Help" and "First Aid - First on the Scene". Necessary first aid training material, i.e. bandages, manikin(s), handouts, etc.

## CONTENT

- 1. Introduction to first aid.
  - a) What is first aid? What is medical aid?
  - b) The three objectives of first aid.
  - c) Precautions in first aid.
  - d) Scene management and the importance of getting help.
- 2. How to care for an unconscious person.
- 3. First Aid for shock.
- 4. Artificial Respiration.
- 5. What to do if a person is choking.
- 6. *How to give first aid for:* 
  - a) a wound that is bleeding
  - b) a nose bleed
  - c) a burn or scald.
- 7. What should you do if a person has:
  - a) a fracture
  - b) a back or neck injury

- c) swallowed or inhaled a poison.
- 8. What to do id an animal bites you or another person.
- 9. Environmental emergencies What should be done for:
  - a) frost bite
  - b) hypothermia
  - c) heat exhaustion and heat stroke.

# DURATION

As necessary.

## CERTIFICATION

- 1. Assist in the teaching of at least two (2) full courses; and
- 2. Be the principal course leader in at least one (1) full course under supervision.

The instructor/evaluator must be satisfied that the Cadet/Crusader meets with the person responsible for the youth group beforehand to identify their actual needs. It is also hoped that the group will seek further St. John First Aid Training and should be encouraged to do so.

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The Cadet/Crusader has completed the above content and met the requirements to the satisfaction of the Instructor/Evaluator.	
Name:	_ Agency:
Address:	Tel #:
Instructor qualifications:	
I have read the above requirements of this proficiency and certify that	
Cadet/Crusader	of
meets these satisfactorily.	
Instructor/Evaluator	Date
Divisional Superintendent	Date