



AFFILIATE FIRST AID UPDATE

REVISED AUGUST 12, 2011

For Lifesaving Society Affiliate Members regarding the new CPR and first aid updates for Lifesaving Society certifications.

RECENT CPR CHANGES

- ❑ Changes in resuscitation and CPR protocols are made every five years based on a review of the latest scientific research. The most recent changes – *Guidelines for CPR & Emergency Cardiovascular Care (ECC)* – were released in October 2010 by the International Liaison Committee on Resuscitation and the American Heart Association.
- ❑ The changes are designed to make it easier for rescuers and health care providers alike to learn, remember and perform effective CPR.
- ❑ The Lifesaving Society has officially announced the changes and new standards for its training programs in ***Push Hard, Push Fast*** – the special insert in the summer 2011 *Lifeline*. Watch the Society's ***CPR Update*** by following the YouTube link posted at www.lifesavingsociety.com.

FIRST AID UPDATE CLINIC

- ❑ The Workplace Safety & Insurance Board (WSIB) requires all first aid training agencies to provide an update session for its instructors to review and practice the revised CPR protocols – including AED requirements which are being integrated into CPR, Emergency First Aid, and Standard First Aid certifications.

- ❑ The Lifesaving Society wants to ensure that all Instructors and Examiners understand (and can demonstrate) the new resuscitation protocols and the implications for planning, teaching and evaluating the Society's training programs.
- ❑ **Who must attend?** Lifesaving Society Instructors and Examiners who wish to remain current are required to participate in a *First Aid Update*. This affects: Lifesaving Instructors, First Aid Instructors, NLS Instructors, Lifesaving Instructor Trainers, First Aid Instructor Trainers and NLS Instructor Trainers.
- ❑ **Who can teach the First Aid Update?** The First Aid Update Clinic can be delivered by the following leadership personnel who have attended the First Aid Update Clinic: Lifesaving Instructor Trainers, First Aid Instructor Trainers, NLS Instructor Trainers, First Aid Examiners and NLS Examiners.

Notes for First Aid Update Clinic conductors will be available at www.lifesavingsociety.com.

- ❑ **Administration:** Participation in the First Aid Update Clinic must be recorded on an Aquatic Master Sheet and submitted promptly to the Society's office. The Society will record First Aid Update Clinic participation on each member's personal record and display it on *Find a Member*.
- ❑ **Recertification:**
 - Lifesaving Society leadership personnel (see *Who must attend?* Above) will not be recertified without proof of First Aid Update Clinic participation.
 - The First Aid Update Clinic is valued at three credits towards the recertification of the individual's leadership certifications.
 - When recertifying their Lifesaving Instructor certification, First Aid Update participants will receive a Lifesaving Society *Emergency First Aid Instructor* certification. Instructors will pay the normal leadership recertification fee, plus \$7.00 for this additional certification.

IMPLEMENTATION

- ❑ The First Aid Update Clinic is designed to be easily integrated into regular staff training or run as a stand-alone session. Allow a ratio of 25 participants per conductor.
- ❑ Affiliates should make plans to host First Aid Update Clinics for their own staff (and others if desired) or ensure that staff attend the clinic elsewhere.
- ❑ Transition to the new protocols may begin as early as Fall 2011 but must be completed by Fall 2013. After September 30, 2013 instructors will not be recertified without proof of participation in the First Aid Update.
- ❑ Lifesaving Society Instructors, Examiners and National Lifeguards should not change their teaching, evaluation, or performance of resuscitation skills until their employer has implemented the new standards.
- ❑ Through the transition, Examiners evaluate candidates according to the protocols they were taught. Under no circumstances should candidates for Lifesaving Society awards taught under the current standards be penalized because they do not perform the revised protocols.

LITERATURE RESOURCES

- ❑ Affiliate Members should use the four-page *Push Hard, Push Fast* handout to introduce the new standards to staff during in-service training. The handout is available in three ways:
 - As an insert in the summer 2011 *Lifeline* mailed to all current Lifesaving Society Instructors.
 - Downloadable from www.lifesavingsociety.com
 - Hard copies for purchase (\$8.00 / pkg. 50).
- ❑ The Society will be revising the *Canadian Lifesaving Manual, Canadian First Aid Manual* and award guides. Instructors will be able to view/download the updated “Must Sees” from www.lifesavingsociety.com.
Instructor candidates will start receiving the updated

literature on their Instructor courses as soon as the revised literature is ready.

- ❑ Revised test sheets for CPR, Emergency First Aid and Standard First Aid will indicate “Revised 2011”. The current tests sheets (without AED test items) will be available until September 2013.



LIFESAVING SOCIETY
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