

## 301 Occupational First Aid Level 1

*Instructional time – 7 hours  
Certification lasts 2 years*



### Target Audience

- This course is for workers required to have Occupational First Aid Training under the WCB Requirement.



### Learning Outcomes

- Participants will:
  1. Perform the priority action approach and primary survey;
  2. Perform Cardiopulmonary Resuscitation (CPR) 1 Rescuer on an Adult;
  3. Treat minor injuries, major bleeds and medical emergencies.
  4. Follow prescribed WCB documentation guidelines.



### Delivery Method

The Occupational First Aid Level 1 course is divided into 2 parts:

- Theory, video; and
- Practical.



### Demonstration of Skills and Knowledge

- 30 minute written exam 70%
- Demonstrate all first aid skills learned in the class.



### Topics

1. Legal Responsibilities, roles and duties of the Occupational First Aid Attendant;
2. Scene assessment and primary survey ;
3. C-Spine control;
4. Airway, breathing and circulatory emergencies for an adult;
5. Minor Injuries (skin, soft tissue and eye injuries, burn management, poisons); and
6. Medical emergencies.