



# Community CPR

**The #1 independent authorized provider of Red Cross First Aid programs in SW Ontario for 2004, 2005, 2006, 2007, 2008, 2009 & 2010! Over 2,200 people certified in 2010 and over 20,000 since 1994.**

Dear Purchaser

It is with greatest pleasure I am forwarding this information package to you. First aid and CPR Training is a very valuable tool in prevention of workplace injury.

First aid and CPR are not simply about content, but as with any teaching they must be taught well. I believe that *LMac* Community CPR can offer this service at a favourable cost and facilitate a seminar which your co-workers will find informative, easily retainable and enjoyable.

*LMac* Community CPR offers:

- Combined First Aid and CPR taught by situation training at your location. People learn best by doing, we customize all training examples to your workplace.
- A seminar tailored to the needs of your employees. Pre seminar preparation; the instructor will contact the host for a possible site tour and to familiarize themselves with any concerns and additional topics.
- Flexible instruction times, 24/7.
- Simple booking; give a few dates as options and call to confirm. Confirmation generally secured in one business day.
- National and international recognition as certification is in accordance to the Canadian Red Cross Society and the Heart and Stroke Foundation of Ontario.
- The most comprehensive information and most current printed material available for all full length courses.
- One to one mannequin ratio. Public Access AED instruction
- \$2M company and \$10M Canadian Red Cross liability insurance

Thank you in advance for any consideration. Please feel free to contact me if you have any inquiries either via email at [Laura@LMac-CPR.ca](mailto:Laura@LMac-CPR.ca) or voice mail at 519-453-1483.

Sincerely;

Laura MacNeil

**Certified Instruction: Canadian Red Cross and Heart & Stroke Foundation of Canada**

77 Coldstream Crescent, London, Ontario N5W 1T5  
519-453-1483 [Laura@LMac-CPR.ca](mailto:Laura@LMac-CPR.ca) [www.LMac-CPR.ca](http://www.LMac-CPR.ca)

We teach many different  
First Aid and CPR seminars.

**And we do it well.**

*LMac* **Community CPR** is an established business that has been teaching London and area industries and organizations since 1994.

A list of some of our clients:

Middlesex-London Health Unit	80 seminars	St. Elizabeth Health Care	32 seminars
Siemens of Canada Automotive	54 seminars	Syngenta Seeds	14 seminars
Upper Thames River CA	80 seminars	Delta Armories London	14 seminars
Ausable Bayfield CA	24 seminars	Key Contact	17 seminars
Ford Motor Company Security	26 seminars	Comstock Construction	15 seminars
Nestle Canada	12 seminars	The Beer Store	13 seminars
Hydro One	70 seminars	Skyline Elevator	20 seminars
Ellis Don Construction	8 seminars	Canadian Tire	16 seminars
Sundance Balloons	12 seminars	Monzen Steel	9 seminars
Esam Group	18 seminars	Bd. of Ed. Co-op	26 seminars
London Health Sciences Centre	38 seminars	London Transit	14 seminars

Over 2,100 people certified in 2009 and over 20,000 since 1994

We have become well known for our competent and professional instruction team as well as our commitment to service our clients needs.

Our instruction team has issued certification to over 20,000 participants since 1994.

We are good at what we do, with flexible scheduling and competitive pricing. We can come to your office or meeting place. Day, evening, weekday or weekend, accommodating all shifts.

Please call if you have any inquiries or if you would like to speak with any of our existing clientele for a reference.

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# *LMac* Community CPR

# Emergency First Aid

*Workplace Safety and Insurance Board and Health & Safety Canada Approved. Full certification.*

*8 Hours of instruction, scheduled to your convenience. Day or evening, weekday or weekend.  
On your premises.*

## **Mandatory**

Check, Call, Care  
The Law  
Emergency Medical Service  
Infection Control  
Conscious Choking (one level)  
Breathing Emergencies  
Severe Bleeding/Internal Injuries  
Cardiac Arrest and CPR (one level)  
Unconscious Choking (one level)  
Heart Health (if adult CPR is taught)  
Interviewing the Injured  
Secondary Body Check  
Evaluation, 26 questions (discussion)

## **Electives**

### **May choose three electives**

Conscious choking (additional levels)  
Cardiac Arrest and CPR (additional levels)  
Soft Tissue Injuries  
Asthma  
Allergies  
Diabetes  
Poisons  
Seizures  
Stabilization of Bone & Joint  
Eye, Teeth & Ear Injuries

**All Adult CPR sessions include  
Public Access AED**

*One to One mannequin ratio for all CPR*

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# *LMac* Community CPR

# Standard First Aid

*Workplace Safety and Insurance Board and Health & Safety Canada Approved. Full certification.*

*16 hours of instruction, scheduled to your convenience. Day or evening, weekday or weekend.  
On your premises.*

## Session One

Check, Call, Care  
The Law  
Emergency Medical Service  
Infection Control  
Adult/Child Conscious Choking  
Breathing Emergencies  
Heart Health  
Cardiac Arrest and CPR

## Session Three

Recap CPR  
Asthma/Allergies  
Diabetes  
Poisons  
Heat/Cold Illness  
Burns  
Seizures  
Internal Injuries  
Eye/Teeth

## Session Two

Unconscious Adult/Child Choking  
Child Breathing Emergencies  
Child CPR  
Infant Breathing Emergencies  
Infant CPR  
Interviewing the Injured  
Severe Bleeding  
Minor First Aid Wounds  
Secondary Body Check

## Session Four

Team Work  
Motor Vehicle Collision  
Bone & Joint Injuries  
Stabilization of Bone & Joint  
Moving the Injured  
Group Scenarios  
Prevention  
Medical Action Plan  
Evaluation 50 question (discussion)

**All Adult CPR sessions include  
Public Access AED**

*One to One mannequin ratio for all CPR*

**Certified Instruction: Canadian Red Cross and Heart & Stroke Foundation of Canada**

# *LMac* Community CPR

## Standard First Aid Retest

*Workplace Safety and Insurance Board and Health & Safety Canada Approved. Full certification.*

*8 hours of instruction, scheduled to your convenience. Day or evening, weekday or weekend.  
On your premises.*

### **Mandatory**

Check, Call, Care  
The Law  
Emergency Medical Service  
Infection Control  
Conscious Choking (one level)  
Breathing Emergencies  
Asthma/Allergies  
Severe Bleeding/Internal Injuries  
Cardiac Arrest and CPR (one level)  
Unconscious Choking (one level)  
Heart Health (if adult CPR is taught)  
Interviewing the Injured  
Secondary Body Check  
Evaluation, 50 questions (discussion)

### **Electives**

#### **May choose four electives**

Conscious choking (additional levels)  
Cardiac Arrest and CPR (additional levels)  
Soft Tissue Injury  
Diabetes  
Poisons  
Heat/Cold Illness  
Seizures  
Eye, Teeth & Ear Injuries  
Bone & Joint Injury  
Stabilization of Bone & Joint

**All Adult CPR sessions include  
Public Access AED**

*One to One mannequin ratio for all CPR*

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# *LMac* Community CPR

## Wilderness & Remote First Aid

This course prepares individuals to provide care for up to 24 hours & focuses on people who:

- Take day trips into the wilderness or enjoy spending time in remote locations
- Travel in areas where help is hours away
- Recreate within wilderness and remote areas for leisure

It covers the material of the Standard First Aid course from a wilderness perspective as well as backboards, cervical collars, moving an injured person & much more.

Course length is 20 hours with at least 25% taught in an outdoor setting.

### Includes:

Adult CPR	ABC Recap & Rolls
Adult Unconscious Choking	Automated External Defibrillation (AED)
What is the P.L.A.N.?	Evacuation and Transportation
Alternative Airway, with helmet	Infant CPR
Child CPR	Infant Conscious Choking
Child Unconscious Choking	Diabetes
Check Call Care (Action)	Seizures
Conscious Choking	Poisons
Asthma	Heat Illness
Allergies	Cold Illness
Cardiovascular Risk Factors	Bleeds
Heart Attack/Angina	Burns
Stroke/TIA	Muscle, Bone & Joint
Secondary Lecture	Triage/Multi-person incident
Head & Spine (eye, ear, nose, mouth)	Group Testing
Extended Care	Your Health
Secondary Scenario	Evaluation

**All Adult CPR sessions include  
Public Access AED**

*One to One mannequin ratio for all CPR*

**Certified Instruction: Canadian Red Cross and Heart & Stroke Foundation of Canada**

# *LMac* Community CPR

## Advanced Wilderness & Remote First Aid

This course prepares individuals to provide care for more than 24 hours and includes all material from WRFA as well as advanced procedures including pulse check, reducing dislocations, when to discontinue spinal precautions, re-alignment of broken limbs, helmet removal, additional extended care, reduction of some dislocations and more scenarios. It focuses on:

- Outdoor leaders
- People who take extended trips into the wilderness or remote locations
- People who provide recreational or leisure experiences as a professional guide

Just like Wilderness and Remote First Aid, it covers the material of the Standard First Aid course from a wilderness perspective as well as backboards, cervical collars, moving an injured person but covers each session in greater depth as well as adding additional skills.

Course length is 40 hours with at least 50% taught in an outdoor setting.

### Includes:

Adult CPR	ABC Recap & Rolls
Adult Unconscious Choking	Automated External Defibrillation (AED)
What is the P.L.A.N.?	Evacuation and Transportation
Alternative Airway, with helmet	Infant CPR
Child CPR	Infant Conscious Choking
Child Unconscious Choking	Diabetes
Check Call Care (Action)	Seizures
Conscious Choking	Poisons
Asthma	Heat Illness
Allergies	Cold Illness
Cardiovascular Risk Factors	Bleeds
Heart Attack/Angina	Burns
Stroke/TIA	Muscle, Bone & Joint
Secondary Lecture	Triage/Multi-person incident
Head & Spine (eye, ear, nose, mouth)	Group Testing
Extended Care	Your Health
Secondary Scenario	Evaluation

**All Adult CPR sessions include  
Public Access AED**

*One to One mannequin ratio for all CPR*

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# *LMac* Community CPR

## Prevention of Disease Transmission

*New legislation. Ensure your organization is prepared to deal with bio-hazardous waste.*

*2-4 hours of instruction, scheduled to your convenience. Day or evening, weekday or weekend.  
On your premises.*

### **Blood Borne Pathogens**

What is an infection?

How are infections transmitted?

Precautions for all forms of transmission.

Creating a “Disease Exposure Control Plan.”

Guidelines for prevention in specific settings.

What you need for a Bio-hazardous Material Kit.

Housekeeping, infectious waste, personal laundry.

Personal notes for prevention at home and while traveling.

What if?

Exposure reporting and medical follow-up.

**Certified Instruction: Canadian Red Cross and Heart & Stroke Foundation of Canada**

# *LMac* Community CPR

## FAQ'S

### **1. How is pricing set?**

Pricing is set based on each companys, organizations or individuals program and set up. Many times class size will be under 10 participants; a sliding scale in pricing is set for those circumstances. If the class size is 10 or more, a per person price is set.

### **2. Is pricing reflective of the market?**

Yes. You will find that the price you are given for your circumstances will be very competitive and if the opportunity arises we may be able to work out a partial contra deal.

### **3. When are certificates awarded?**

Due to many companies needing to photocopy each participants certificate it is easier that I forward all certificates to my contact person, this will be done after payment is received.

### **4. How long before re-certification?**

All First Aid, Canadian Red Cross certificates are to be re-certified within a three year period, with the WSIB Regulation 1101 stating that a person may only take one Standard First Aid Retest, then they must take the complete course again. (year 1 → 16 hours, year 3 → 8 hours, year 6 → 16 hours). The CPR portion of the First Aid certificate should be reviewed and re-certified, on an annual basis, this may be mandatory for some vocations.

### **5. How do we book a seminar?**

Simply call and arrange possible dates and times. If you have selected at least three possible dates, I am certain one of them will be open and we will book your seminar. You can visit our website at [www.LMac-CPR.ca](http://www.LMac-CPR.ca) for an up to date training calendar.

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# *LMac* Community CPR

## **HEARTSAVER AED (BLS-C) CPR**

**5-8 hours**

Infant, child, adult and two person CPR, with certification of Automated External Defibrillation (AED). You will learn all levels of CPR plus choking emergencies, and the symptoms of and first aid for heart attack, stroke and adult on-set diabetes.

## **HEARTSAVER AED (BLS-C) CPR RE-CERTIFICATION**

**3-4 hours**

This is a faced paced seminar where you will be expected to know all levels of CPR and choking emergencies. We will discuss any new information in regard to heart attack, stroke and adult on-set diabetes.

## **HEARTSAVER (BLS-A) CPR**

**3-4 hours**

Whether taking the adult or the infant/child seminar you will be taught all choking, breathing and heart emergencies. Plus you will learn first aid for heart attack, stroke and adult on-set diabetes.

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# 5% DISCOUNT

off your current price\*

Booking your next First Aid & CPR training with *LMac* Community CPR can save you money.

What did your training cost in 2007? *LMac* Community CPR will match that cost and offer an additional **5% discount** between Jan. 1, 2011 and Dec. 31, 2011 (*for all equivalent courses\*\**).

If *LMac* Community CPR remains to be your exclusive First Aid and CPR provider for the Jan. 2012/Jun. 2012 training season an **additional 5% discount** will be offered.

\*Discount based upon visual proof of purchase (invoice or receipt) and subject to approval.

\*\*Price comparison is based on equivalency, ie class size and manual distribution may need to be considered.

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# The Basics of CPR

Remember to **Ask, Answer & Act** and do the best you can.

**A**sk the question.

**A**nswer yes or no, if the answer is 'yes' carry on, if the answer is 'no' take action.

**A**ction is the six steps of CPR -- **1, 2, 3, A, B, C.**

**1 SCENE** Is the scene safe? *No glass, no gas, no fire, no wire, look up, look down*

**Yes:** Carry on to the next question.

**No:** Make it safe or wait for professional crews to do so.

**2 WAKE** Can I wake them? *Clap, tap, yell and pain stimuli*

**Yes:** Begin a secondary survey, ensuring no additional injuries.

**No:** Acknowledge the person needs Advance Cardiac Care.

**3 CALL EMS** Has someone called EMS?

**Yes:** Carry on with your rescue.

**No:** Direct someone to call; if alone, call before you begin ABC.

**A AIRWAY** Is there an open airway?

**Yes:** Carry on to "B" using wet hand method.

**No:** Create an airway with head tilt/chin lift or jaw thrust.

**B BREATHING** Is there normal breathing?

**Yes:** Maintain "A" and monitor "B", possible recovery position.

**No:** Give 2 slow breaths, check "C".

**C CIRCULATION** Are there signs of heavy bleeding?

**Yes:** Apply bandages to stop bleeding then start CPR

**No:** Start CPR, Adult/ Child/Infant is 30 compressions & 2 breaths

*30:2 will pull them through*

*LMac* Community CPR