



Community CPR

Home or Work
Urban or Wilderness



First Aid & CPR
Training

The longest running independent provider of Canadian Red Cross First Aid programs in the South Western Ontario 401 corridor.

LMac Community CPR has the largest training portfolio and has won Red Cross sales awards for advanced courses.



Scenario
Based
Teaching

Laura MacNeil



519-453-1483

www.LMac-CPR.ca

Laura@LMac-CPR.ca

We teach many different First Aid and CPR seminars. And we do it well!

URBAN & INDUSTRIAL

Standard First Aid
Emergency First Aid
AED/CPR - BLS-C & HCP-C

ADVANCED

First Responder
Emergency Medical Responder

WILDERNESS

Remote First Aid
Wilderness First Aid

A list of some of our clients:

Middlesex-London Health Unit	98	seminars	Syngenta Seeds	15	seminars
Labatt Breweries	22	seminars	Delta Armories London	14	seminars
Upper Thames River CA	86	seminars	Key Contact	18	seminars
Ausable Bayfield CA	26	seminars	Comstock Construction	15	seminars
Park Property Management	11	seminars	The Beer Store	16	seminars
Dillon Consulting	15	seminars	Skyline Elevator	20	seminars
Hydro One	94	seminars	Canadian Tire	20	seminars
Sundance Balloons	14	seminars	G&S Electric and Woodworking	17	seminars
Esam Group	20	seminars	Bd. of Ed. Co-op	46	seminars
London Health Sciences Centre	41	seminars	London Transit	34	seminars

National Contracts

CN & CP Rail	Metro
CML Healthcare	The Gap
Lululemon	Staples
Scotiabank	Starbucks

Specialized

Eastmain Resources – Wilderness First Aid, Survival focus
Ministry of Natural Resources – Standard First Aid, Wilderness focus
Erie Shores – Standard First Aid, High Angle focus
Labatt Breweries Security – First Responder
Scouts/Guides Canada – Standard First Aid, Youth/Outdoor focus

Over 1600 people certified in 2024 and over 77,000 since 1994

*L*Mac Community CPR

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Can you...

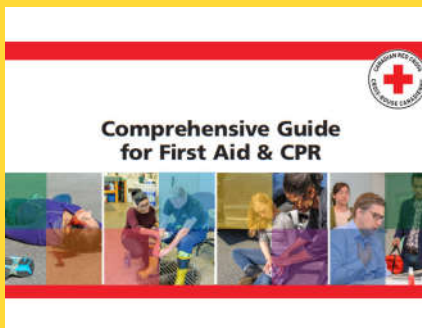


- Help an employee with a crushed hand who is going into shock?
- Tell the difference between a diabetic reaction, a heart attack or heat stroke?
- Help at a scene where you have to decide who gets treated first?

A **Standard First Aid** course will teach you how!

3-year certification. 100% attendance, skills demonstration and successful completion of a knowledge evaluation required for certification

This is the course required by WSIB Regulation 1101 when more than 5 workers are present on a worksite.



This 16hr course includes:

CPR (all ages)	ABC Recap & Rolls
Conscious choking rescues (all ages)	Automated External Defibrillation
Special CPR considerations	Poisons
Check Call Care	Diabetes
Personal Safety/Approaching a scene	Seizures
Asthma & Allergies	Heat & Cold Illness
Cardiovascular Risk Factors	Muscle, Bone & Joint
Heart Attack/Angina	Bleeds
Stroke/TIA	Burns
Head & Spine (eye, ear, nose, mouth)	Triage/Multi-person incident
Secondary Lecture & Scenarios	Evaluation

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Do you remember...



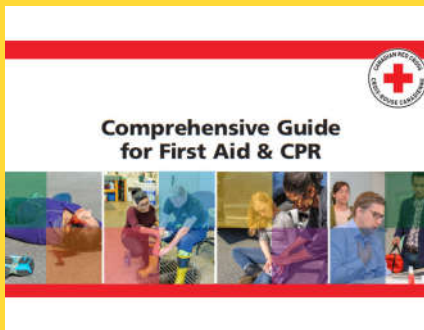
- What you need to do before the AED pads go on?
- The extra step you should do for a pregnant woman during CPR?
- The other drugs that can't be taken with Nitroglycerine?

A **Standard First Aid Recert** course will test you!

3-year certification. 100% attendance, skills demonstration and successful completion of a knowledge evaluation required for certification

Participants must have a valid Red Cross, Standard First Aid certificate in order to qualify for a recertification course

This 8hr course retests skills and knowledge of:



CPR (all ages)	ABC Recap & Rolls
Conscious choking rescues (all ages)	Automated External Defibrillation
Special CPR considerations	Poisons
Check Call Care	Diabetes
Personal Safety/Approaching a scene	Seizures
Asthma & Allergies	Heat & Cold Illness
Cardiovascular Risk Factors	Muscle, Bone & Joint
Heart Attack/Angina	Bleeds
Stroke/TIA	Burns
Head & Spine (eye, ear, nose, mouth)	Triage/Multi-person incident
Secondary Lecture & Scenarios	Evaluation

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Should you...

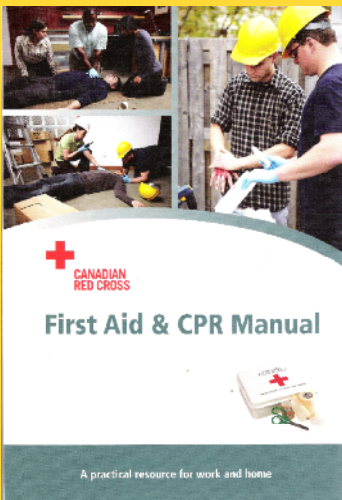


- Apply direct pressure to or tie off a severe bleed?
- Use an Automated External Defibrillator for an un-witnessed collapse?
- Use an Epinephrine auto-injector for a child who is having a severe allergic reaction?

An **Emergency First Aid** course will tell you!

3-year certification. 100% attendance, skills demonstration and successful completion of a knowledge evaluation required for certification

This is the course required by WSIB Regulation 1101 when 5 or fewer workers are present on a worksite.



This 8hr course includes:

- | | |
|--------------------------------------|--------------------------------------|
| CPR (all ages) | ABC Recap & Rolls |
| Conscious choking rescues (all ages) | Automated External Defibrillation |
| Special CPR considerations | Secondary Lecture & Scenarios |
| Check Call Care | Head & Spine (eye, ear, nose, mouth) |
| Personal Safety/Approaching a scene | Wound Care |
| Cardiovascular Risk Factors | Asthma & Allergies |
| Heart Attack/Angina | Triage/Multi-person incident |
| Stroke/TIA | Evaluation |

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How can you...

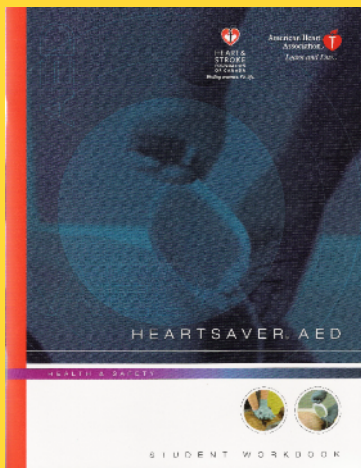


- Open the airway of someone with a potential spinal injury?
- Help an infant who is choking?
- Use an AED on a child or infant with only Adult pads?

A **CPR-C recertification** course will remind you!

100% attendance, skills demonstration and successful completion of a knowledge evaluation required for certification. Certification length varies with employer or educator.

Note: For anyone who has never taken CPR before, additional time will be required.



This 4hr course includes:

CPR (all ages)
Conscious choking rescues (all ages)
Unconscious choking
Special CPR considerations

ABC Recap & Rolls
Personal Safety/Approaching a scene
Automated External Defibrillation
Evaluation

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How do you...

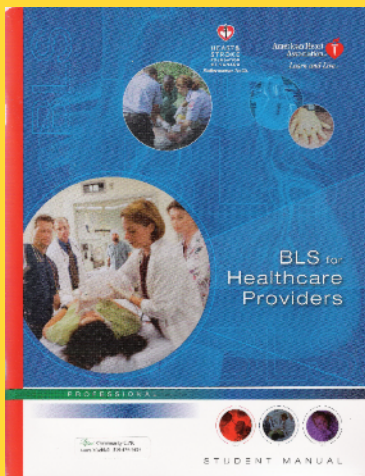


- Roll someone with a potential spinal injury?
- Properly use a bag-valve mask?
- Decide whether a child needs CPR or just rescue breathing?

A **CPR-HCP recertification** course will remind you!

100% attendance, skills demonstration and successful completion of a knowledge evaluation required for certification. Certification length varies with employer or educator.

Note: For anyone who has never taken CPR before, additional time will be required.



This 4.5hr course includes:

- | | |
|--------------------------------------|-------------------------------------|
| CPR (all ages) | ABC Recap & Rolls |
| Conscious choking rescues (all ages) | Personal Safety/Approaching a scene |
| Unconscious choking | Automated External Defibrillation |
| Special CPR considerations | Pulse check |
| Bag Valve Mask usage | Evaluation |
| Rescue breathing | |

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Do you...



- Work or want to work as part of a first response team at a jobsite?
- Have an interest in working as a paramedic, firefighter or police officer?
- Want to take your First Aid training to the 'next level'?

If so, you should be taking a **First Responder** course!

This 40hr course includes:



Personal Safety/Approaching a scene	Measuring Blood Pressure
Body Systems	Breathing Devices
Preventing Disease Transmission	Shock
Special Populations/Crisis Intervention	Reaching and Moving Casualties
CPR (all ages)	Head & Spine (eye, ear, nose, mouth)
Conscious choking rescues (all ages)	Secondary Lecture & Scenarios
Special CPR considerations	Trauma
Check Call Care	ABC Recap & Rolls
Poisoning	Automated External Defibrillation (AED)
Asthma & Allergies	Medical Emergencies
Cardiovascular Risk Factors	Triage/Multi-person incident
Heart Attack/Angina	Childbirth
Stroke/TIA	Oxygen Administration
Backboards/Cervical Collars/KED	Evaluation

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Do you plan to:

- Go to the next level of First Aid.
- Be above and the beyond other applicants.
- Possess certification that meets the Paramedic Association of Canada National Occupational Competency Profile for the practitioner level of emergency medical responder (EMR)



If so, the
EMERGENCY MEDICAL RESPONDER
course might be what you're looking for!

80-120 hours course depending on legislated guidelines.

If you currently have a valid First Responder then you only need to do a 40 hour bridge course.



Please check our website (below) for upcoming dates for full Emergency Medical Responder, Emergency Medical Responder recertification and Emergency Medical Responder upgrade courses.

There is a pre course assignment that will take some time to complete. Registration forms and payment needs to be submitted 2 week prior to the course.

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Do you...



- Camp, hike or canoe in areas where cell phones don't get a signal?
- Travel, work, live or vacation in remote areas where you're more than an hour from medical aid?
- Have an interest in First Aid that goes well beyond what's taught for 'Urban' First Aid?

If so, a **Remote First Aid** course might be what you're looking for!

In addition to topics covered in Standard First Aid, this 20hr course also includes:



Extended Care

Secondary Scenarios

Pressure Points for Deadly Bleeds

Improvised Cervical Collars

When to Remove Impaled Objects

Hypothermia Wrap

Immersion Foot

Basic Ice & Water rescues

Digestive System Problems

Evacuation and Transportation

Your Health

Improvised Backboards

When to Discontinue CPR

Moving Head to In-line Position

Irrigating Wounds

High Altitude Illnesses

Scuba Diving Emergencies

Communication Devices

Evaluation

What is the P.L.A.N.?

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Do you...



- Lead groups in a remote setting?
- Work as a wilderness guide for hunting, fishing, canoeing or other trips?
- Live, work or play where you're likely to be more than 24hrs from medical aid?

If so, a **Wilderness and Remote First Aid** course might be what you're looking for!

In addition to topics covered in Standard First Aid, this 40hr course also includes:



Extended Care
Secondary Scenarios
Pressure Points for Deadly Bleeds
Improvised Cervical Collars
When to Remove Impaled Objects
Hypothermia Wrap
Immersion Foot
Basic Ice & Water rescues
Digestive System Problems
Evacuation and Transportation
Removing impalements
Reducing a dislocated shoulder

Your Health
Improvised Backboards
When to Discontinue CPR
Moving Head to In-line Position
Irrigating Wounds
High Altitude Illnesses
Scuba Diving Emergencies
Communication Devices
Evaluation
What is the P.L.A.N.?
Re-aligning limbs to normal position

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Other courses offered:

Prevention of Disease Transmission

- Ensure your organization is prepared to deal with bio-hazardous waste & blood borne pathogens
- 2-4 hours of instruction

Babysitting

- teaches youth how to handle emergencies with confidence by providing the basic first aid skills for common first aid problems
- 8-10 hours of instruction

Childcare First Aid

- This course is for individuals who care for infants or children in the workplace or at home
- 8 hours of instruction

Marine Basic First Aid

- This course is designed for employees in the marine industry or those pursuing employment in this industry. The course content is consistent with Standard First Aid in a marine environment and meets Transport Canada Training Program Standards in Marine First Aid (TP 13008E)
- 16 hours of instruction

Marine Advanced First Aid

- Comprehensive first aid and CPR techniques and scenarios for those who need a higher level of training to work and respond to emergencies in a marine setting. Course meets the requirements of Transport Canada outlined in Transport Publication (TP) 13008. Designed for any person who wants to obtain a rating certificate, endorsement, or a Master or Officer certification, and for those providing first aid on board a vessel engaged on a near-coastal voyage, class 1, or on board a vessel on unlimited waters.
- 44 hours of instruction

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#1 Independent Provider of Red Cross First Aid programs in the SW Ontario 401 corridor for **8 straight years**, (2004-2011)!

#3 Red Cross Wilderness & Remote First Aid provider for Ontario 2011!

Over 2,300 people certified in 2011 and over 24,000 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 know 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 certified.
- \$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 or voice mail at 519-453-1483.

Sincerely;

Laura MacNeil

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Laura@LMac-CPR.ca

Laura MacNeil



Instructor Certifications:

Canadian Red Cross (CPR, EFA, SFA, FR, WRFA, AWRFA)
Heart & Stroke Foundation of Canada (CPR)
Train the Trainer for both Canadian Red Cross and
Heart & Stroke Foundation

Instructing since 1994. Playing and working at heights and in wilderness settings since 17 years old.

Utilize all sorts of scenarios, make up and clothing for realistic training in all advanced courses. Able to turn a regular first session into something very unique if given permission and time. (Trained 21 conservation officers, enforcement officers and park wardens in an outdoor setting, hanging harnessed personnel from trees and simulating burns, wounds, etc)

Worked as part of the Canadian Red Cross Pupil Training Team on creating and writing the 2006 First Aid Manual.

Have done international humanitarian work in a Central American jungle, actively working with youth through a rescue medical vocational program. Continue to enjoy the outdoors with interior canoeing, camping and rappelling.

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Laura@LMac-CPR.ca

Mike Guest



Instructor Certifications:

Canadian Red Cross (CPR, EFA, SFA, WRFA, AWRFA)
Heart & Stroke Foundation of Canada (CPR)

I've been instructing First Aid professionally since 2005 and in April of 2008, I completed my Red Cross Wilderness and Remote First Aid Instructor level so we could add the [AWRFA](#) & [WRFA](#) to our list of available courses.

In June of 2008 I completed my First Responder certification and will be working toward my instructor status at that level.

Since starting with LMac Community CPR in 2005, I've trained numerous staff from many different companies including office staff, factory workers, medical office staff, construction workers as well as both youth and adults with Scouts Canada. While many of them have different training needs, they all have one thing in common - they took the time to learn how to help someone else who requires First Aid - from a basic bandage to full CPR.

I've worked with Scouts Canada since 1983 as both an adult leader and leader instructor. In that time not only have I instructed well over two hundred Scouting members in their First Aid training but I've also applied my First Aid skills first hand during meetings, hikes and camps both short and long term.

I've always been very much an outdoor person and enjoy a wide variety of activities. Over the last few years I've been white water rafting on the Ottawa river, tidal bore rafting on the Shubenacadie river in Nova Scotia, canyoning at St. Anne's Quebec, interior camping in Algonquin Park, hot air ballooning in both London & Ottawa and have rappelled from heights up to 850'.

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FAQ'S

How is pricing set?

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

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.

When are certificates awarded?

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

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.

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 for an up to date training calendar.



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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 2011? LMac Community CPR will match that cost and offer an additional **5% discount** between Jan. 1, 2012 and Dec. 31, 2013 (*for all equivalent courses***).

If LMac Community CPR remains to be your exclusive First Aid and CPR provider for the Jan. 2012 to Dec. 2013 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, mileage 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.

Ask the question.

AnsWER yes or no

Actions are the steps below: 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, checking for additional injuries.

No: Continue

3 **CHECK - Airway:** Is it open?

Yes: Continue

No: Open it with head tilt/chin lift or jaw thrust

- **Breathing:** Are they breathing? Inhale/exhale/chest rise

Yes: Maintain airway, begin secondary survey

No: Acknowledge the person needs 911/EMS.

- **Circulation:** Are there signs of heavy bleeding?

Yes: Apply bandages to stop bleeding and continue

No: Continue

3 **911/EMS** Has someone called 911/EMS?

Yes: Carry on with your rescue.

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

CPR:

C Start Compressions. Adult/Child/Infant is 30 compressions.

A Open airway with head tilt/chin lift or jaw thrust

B Give 2 breaths with just enough air to make the chest rise