

Occupational First Aid Level 1

Minimum Age: 16 yrs

Requirements: Must bring Gov't issued photo ID.

Occupational First Aid Level 1 provides an introductory knowledge on how to identify injuries and administer first aid to injuries. The OFA Level 1 course is suitable for people in these industries: small construction jobs (roofing, painting, drywall, framing, etc.), office workers, small manufacturing and assembling shops and restaurant workers.

No prior first aid knowledge required to attend this course. All students must be at least 16 years old and be able to physically perform first aid.

The OFA Level 1 course will cover the following topics:

- How to assess the patient injury
- Wound Assessment and Treatment
- Completion of the First Aid Record
- Decisions on referral to medical aid
- Providing follow-up patient care
- Back Strain
- Wrist Strain
- Burns
- Eye Injuries
- Airway obstruction management
- AEDs and CPR
- Respiratory/Cardiac arrest management
- Shock
- Bleeding emergency management
- Identification and Management of Medical Conditions