

PeopleSavers Facilitator Manual First Aid & CPR Guidelines 2005 Insert

General updates:

- Use the term 'person' or 'child' as opposed to 'victim' or 'casualty'.
- Use the term baby or babies, as opposed to infant or infants.
- Rationale: This is a more commonly used term.
- Elevation as a treatment for bleeding is no longer emphasized.
- Rationale: direct pressure is more important.

- Pg 1 Remove Option 1. Under part d. of Option 2, the package that must be completed is called the Self-Study Guide, as opposed to a Home Study Guide.

- Pg 2 Change Option 1 to read: 'Every three years: Maintain a current Red Cross Standard First Aid Certificate or equivalent certificate.' Remove Option 2.

- Pg 23 Remove reference to "Heimlich method".

- Pg 58 Remove RED activity.

- Pg 67 Under 'Care for a Person: Choking' Change 'a partial and complete airway blockage' to 'a mild and severe airway blockage' twice.

- Pg 68 Under Primary Teaching Points, first bullet: Change 'partial obstruction' to 'mild obstruction'.
Last bullet under Primary Teaching Points: Change 'complete obstruction' to 'severe obstruction'.
Under Suggested Activities, first Demonstration should read: Demonstrate a severe blockage using a piece of...

- Pg 69 Remove primary teaching point at bottom of page that refers to RED.

- Pg 70 Remove first and third Suggested Activities (Demonstration and Elevate).

- Pg 71 Question #10 should read: If you don't have a bandage, have the person use their own hand.
Question #11c should read: Keep the person still.

- Pg 84 Under 'Care for a Person: Choking' Change 'a partial and complete airway blockage' to 'a mild and severe airway blockage' twice.

- Pg 85 Primary Teaching Points, third bullet should read: If someone cannot cough or speak, it is a severe obstruction and they need abdominal thrusts.
Under 'Suggested Activities', first Demonstration should read: Demonstrate a severe blockage using a piece of...

- Pg 87 Under Put the Steps in Order, remove reference to Vital Link Manual.

- Pg 88 Question 14 should read: You should check breathing for 5-10 seconds...

- Pg 89 Remove primary teaching point at bottom of page that refers to RED.

- Pg 90 Remove second Suggested Activity (Elevate).

- Pg 91 Question 15 should read: Apply direct pressure to stop the bleeding.

- Pg 100 Under Cuts, Scrapes, and Bleeding, the reference should read: *First Aid & CPR Manual*, Chapter 11, Wound Care, page105.

- Pg 101 Remove the R (Rest) – E (Elevate) – D (Direct Pressure) reference.
Remove information on Elevate at the bottom of the page.

- Pg 103 Under Burns, the reference should read: *First Aid & CPR Manual*, Chapter 11, Wound Care, page126.
- Pg 105 Reference should read: *First Aid & CPR Manual*, Chapter 13, Environmental Emergencies, page161.
- Pg 106 Second bullet: Change 'a convulsion' to 'seizures'.
Under Stay Safe!, change headings to read: 'Know the Signs and Symptoms of a Mild Obstruction' and 'Know the Signs and Symptoms of a Severe Obstruction'.
- Pg 107 Change first line to read: 'First Aid for a Conscious Adult or Child with a Severe Airway Obstruction'.
- Pg 108 Remove the reference to the Vital Link Manual.
Under Call for help, second bullet should read: 'If you are alone with an unconscious adult, put the person in the recovery position (roll on side), make the call yourself and come back. If you are alone with a child or baby, do one minute of rescue breathing first, then go make the call.
- Pg 109 Under Check for breathing, it should read: (5-10 seconds are required for a breathing check).
Under Continue rescue breathing, third bullet should read:
Give one breath every:
- 5-6 seconds for an adult
 - 3-5 seconds for a child or baby
- Pg 110 The reference should read: *First Aid & CPR Manual*, Chapter 10, Bone, Muscle, and Joint Injuries, page 96.
- Pg 112 The reference should read: *First Aid & CPR Manual*, Chapter 13, Environmental Emergencies, page155.
- Pg 113 Under Signs and symptoms of heat stroke, remove bullet: (Rapid, weak pulse becoming irregular).
- Pg 114 The reference should read: *First Aid & CPR Manual*, Chapter 13, Environmental Emergencies, page148.
- Pg 115 The reference should read: *First Aid & CPR Manual*, Page 176.
Remove number 15 in list.
Change number 19 to read: Canadian Red Cross *First Aid & CPR Manual*.
- Pg 116 Change the last line to read: For information on the safe use of ice, see the *First Aid & CPR Manual*, page 105.
- Pg 119 Station 4 – Bleeding should read: The injured person has a cut on his hand. The participants should have him rest (sit down or lie down), and apply direct pressure to the cut.
- Pg 146 Under Mannequin Decontamination Supplies, change '5 litres' to '4 litres'.
Under Mannequin Decontamination Procedure the steps should read:
1. Wipe the mannequin's face with an alcohol wipe.
 2. Allow the alcohol to air dry, because blowing on the device will recontaminate the devices you are trying to decontaminate.
 3. Throw away the alcohol wipe.
- Pg 147 Mannequin Decontamination After Class - solution should read: 60 ml of liquid household chlorine bleach to 4 litres of tap water.