



To: Authorized Providers and Facilitators offering Babysitting courses

In late 2005 new international First Aid & CPR Guidelines were released by ILCOR (the International Liaison Committee on Resuscitation).

Due to the change in the First Aid & CPR guidelines, there will be some changes to the **Babysitting** course and materials:

- A First Aid & CPR Guidelines 2005 insert will be produced for the Babysitter's Manual until it is reprinted.
- The updated manual will be marked with an First Aid & CPR Guidelines 2005 band on the front cover.
- An insert for the Facilitator's Guide will be posted on the Authorized Provider website in October and available via the contact centre.

As a Babysitter Facilitator, Canadian Red Cross requires you to update your First Aid and CPR skills by taking a Canadian Red Cross First Aid course, to learn and fully understand the new material.

Highlights of the changes to the **Babysitting** course:

Instead of using the term 'convulsions', the term 'seizures' will be used instead.

We no longer check for signs of circulation. If there are no signs of normal breathing, begin care immediately.

When checking the ABCs you will check for an open Airway, Breathing, and deadly bleeding (Circulation)

If you are alone with a non-breathing child or baby give two minutes of CPR then go call EMS/9-1-1.

When compressing the chest of a child or baby (for choking or CPR), you compress 1/3 to 1/2 the depth of the chest.

Rescue breaths are 1 second in length with just enough volume to make the chest rise.

There is no need to recheck breathing every few minutes. Continue care until help arrives, the scene becomes unsafe, or the person is resuscitated.

The acronym RED for bleeding is no longer used. The first aid emphasis is on direct pressure, and not elevation.

Sign up for the Canadian Red Cross First Aid & CPR course today!

Contact us: 1-877-356-3226