



## **To: Authorized Providers and Facilitators offering PeopleSavers courses**

In late 2005 new international First Aid & CPR Guidelines were released by ILCOR (the International Liaison Committee on Resuscitation). Due to the changes in the First Aid & CPR Guidelines, there will be some changes to the **PeopleSavers** course and materials:

- Workbooks 1 and 2 are unaffected by the 2005 First Aid & CPR guidelines.
- An insert for the workbook level 3, page 7 and workbook level 4, pages 8 & 9 will be posted on the Authorized Provider website in October and available through the contact centre.
- Workbooks levels 3 & 4 will be updated when they are next due to be reprinted over 2006/2007 and will be marked with an First Aid & CPR Guidelines 2005 band on the front cover.
- An insert for the Facilitator manual will be posted on the Authorized Provider website in October and available via the contact centre.

As a PeopleSavers 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 **PeopleSavers** course:

Levels 3 and 4 – the acronym RED for bleeding is no longer used. The first aid emphasis is on direct pressure, and not elevation (page 7 of level 3 workbook; page 9 of level 4 workbook).

Level 4 – When caring for a person (page 8 of workbook), you now:

Look, listen and feel for breathing for 5-10 seconds

Give 2 breaths (if the person isn't breathing)

When doing rescue breathing:

One breath every 5-6 seconds for adults

One breath every 3-5 seconds for children or babies

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

**Contact us: Contact us: 1-877-356-3226**