

L101 INSTRUCTOR AGENDA **BLENDED / STANDARD FIRST AID**

- ✓ Please get creative with your props and stories to maintain our Lifesaver 101 feeling in these unusual times. In this outline, we have done our best to reduce contact with others and maintain physical distancing.
- ✓ Participants and instructors must maintain a physical distance of at least two meters (six feet) from other people during all aspects of training, including both seated and standing activities. Where this is not practical, participants and instructors must wear a minimum of a non-medical mask. Disposable non-medical masks must be properly discarded after each use and users should immediately wash their hands.
- ✓ Use of PPE during physical contact exercises is required; this may include:
 - Non-medical mask
 - Eye protection or Face shield
 - Gloves

MORNING (9:00am) – 12:30

- ✓ Introductions
 - Introduce yourself
 - Housekeeping (Emergency Exits, Cell Phones, Washrooms, Smoking Area, etc...)
 - Review COVID-19 Protocols
 - Participant introductions (who are you and why are you here?)
 - Review the Agenda *Place agenda on board.
- ✓ Emergency Scene Management
 - Lifesaver 101 Rules of 123 & ABC
 - **ACTIVITY: ESM DEMO**
 - **Option one** – with PPE and a willing volunteer you can demonstrate 123& ABC
 - **Option two** – review in participant manual and demo CPR manikin

- **ACTIVITY: ESM DO! (each participant does with their own manikin in their workspace)**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants practice on CPR manikin

- ✓ Recovery Position
 - **ACTIVITY: RECOVERY POSITION – DEMO**
 - **Option one** – with PPE and a willing volunteer you can demonstrate 123& ABC and recovery positions
 - **Option two** – review in participant manual and demo on yourself
 - **ACTIVITY: RECOVERY POSITION - DO!**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants put themselves in recovery position

- ✓ Adult CPR
 - **ACTIVITY: ADULT CPR - DEMO!**
 - **ACTIVITY: ADULT CPR - DO!**

- ✓ Child CPR
 - **ACTIVITY: CHILD CPR - DEMO!**
 - **ACTIVITY: CHILD CPR - DO!**

- ✓ Unconscious Choking
 - Continue with CPR theme
 - **ACTIVITY: ADULT/CHILD UNCONSCIOUS CHOKING - DEMO!**
 - **ACTIVITY: ADULT/CHILD UNCONSCIOUS CHOKING - DO!**

- ✓ Adult AED
 - Continue using Casualty
 - **ACTIVITY: AED - DEMO**
 - **ACTIVITY: AED - DO!**

- ✓ Child AED
 - Continue using Casualty
 - **ACTIVITY: AED - DEMO**

- **ACTIVITY: AED - DO!**
- ✓ Infant CPR
 - **ACTIVITY: INFANT CPR - DEMO!**
 - **ACTIVITY: INFANT CPR - DO!**
- ✓ Infant Unconscious Choking
 - Continue with CPR theme
 - **ACTIVITY: INFANT UNCONSCIOUS CHOKING - DEMO!**
 - **ACTIVITY: INFANT UNCONSCIOUS CHOKING - DO!**
- ✓ Infant AED
 - Continue using Casualty
 - **ACTIVITY: AED - DEMO**
 - **ACTIVITY: AED - DO!**
- ✓ Infant Choking
 - Continue using Casualty
 - **ACTIVITY: INFANT CHOKING - DEMO**
 - **ACTIVITY: INFANT CHOKING - DO!**
- ✓ Conscious Choking
 - **Option one** – with PPE and a willing volunteer you can demonstrate
 - **Option two** – review in participant manual and demo on CPR MANIKIN
 - **ACTIVITY – BACK BLOWS/ABDOMINAL THRUSTS DEMO!**
 - **ACTIVITY – BACK BLOWS/ABDOMINAL THRUSTS DO!**
 - **ACTIVITY – BACK BLOWS/CHEST THRUST (PREGNANT/OBESE) DEMO!**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants practice on CPR manikin
 - **ACTIVITY – BACK BLOWS/CHEST THRUST (PREGNANT/OBESE) DO!**
 - **ACTIVITY – CHOKING ALONE – DEMO!**
 - **ACTIVITY – CHOKING ALONE – DO!**

Morning Break (END OF CPR C COURSE)

✓ Wounds and Bleeding

- **ACTIVITY: SEVERE EXTERNAL BLEEDING - DEMO (FOREARM)**
 - **Option one** – with PPE and a willing volunteer you can demonstrate
 - **Option two** – review in participant manual and demo on prop
 - Incorporate – ACTIVITY: SLING - DEMO
 - Incorporate – LESSON: DISTAL CIRCULATION
- **ACTIVITY: SEVERE EXTERNAL BLEEDING - DO! (FOREARM)**
 - Incorporate – ACTIVITY: SLING - DO!
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants bandage prop
- **ACTIVITY: SHORT EMBEDDED FOREIGN OBJECT - DEMO (THIGH)**
 - **Option one** – with PPE and a willing volunteer you can demonstrate
 - **Option two** – review in participant manual and demo on prop
- **ACTIVITY: SHORT EMBEDDED FOREIGN OBJECT - DO! (THIGH)**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants bandage prop

✓ Allergies (EACH PERSON SHOULD HAVE THEIR OWN EPIPEN AND ALLERJECT)

- **ACTIVITY – EPIPEN - DEMO!**
- **ACTIVITY – EPIPEN - DO!**
- **ACTIVITY – ALLERJECT DEMO**
- **ACTIVITY – ALLEJECT DO!**

✓ Quiz

- Day one quiz from book

END OF EFA C COURSE

✓ Bones and Joints

- **ACTIVITY – SPLINT/SLING/TRVERSE BANDAGE FOREARM INJURY – DEMO!**

- **Option one** – with PPE and a willing volunteer you can demonstrate
- **Option two** – review in participant manual and demo on prop
- **ACTIVITY** – SPLINT/SLING/TRVERSE BANDAGE FOREARM INJURY – **DO!**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants bandage prop
- **ACTIVITY** – SOFT SPLINT ANKLE INJURY – **DEMO!**
 - **Option one** – with PPE and a willing volunteer you can demonstrate
 - **Option two** – review in participant manual and demo on prop
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- **ACTIVITY** – SOFT SPLINT ANKLE INJURY – **DO!**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants bandage prop

✓ Head and Spinal

- **ACTIVITY** – HOLD C-SPINE – **DEMO!**
 - **USE CPR MANIKIN**
- **ACTIVITY** – HOLD C-SPINE – **DO!**
 - **USE CPR MANIKIN**
- **ACTIVITY** - LOG ROLL SUPINE TO SIDE – **DEMO!**
 - **OPTION ONE** – use full sized CPR manikin with limbs and 2 volunteers with full PPE
 - **OPTION 2** – use volunteer as casualty and 2 people as first aiders (full PPE)
- **ACTIVITY** – LOG ROLL SUPINE TO SIDE – **DO!**
 - **OPTION ONE** – use full sized CPR manikin with limbs and 2 volunteers with full PPE
 - **OPTION 2** – use volunteer as casualty and 2 people as first aiders (full PPE)
- **ACTIVITY** – ROLL FROM FRONT TO BACK – **DEMO!**
 - **OPTION ONE** – use full sized CPR manikin with limbs and 2 volunteers with full PPE

- **OPTION 2** – use volunteer as casualty and 2 people as first aiders (full PPE)
 - **ACTIVITY** – ROLL FROM FRONT TO BACK – **DO!**
 - **OPTION ONE** – use full sized CPR manikin with limbs and 2 volunteers (full PPE)
 - **OPTION 2** – use volunteer as casualty and 2 people as first aiders (full PPE)
 - **ACTIVITY** - Scalp wound – **DEMO!**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants bandage prop
 - **ACTIVITY** - Scalp wound – **DO!**
 - **Option one** – pairs with proper PPE
 - **Option two** – have participants bandage prop
 - ✓ Eye, Ear and Nose
 - **ACTIVITY** – NOSEBLEED – **DEMO!**
 - **ON SELF**
 - **ACTIVITY** – NOSEBLEED - **DO!**
 - **ON SELF**
 - **ACTIVITY** – EMBEDDED OBJECT IN EYE – **DEMO!**
 - **ON SELF**
 - **ACTIVITY** – EMBEDDED OBJECT IN EYE – **DO!**
 - **ON SELF**
 - ✓ Break
 - ✓ Triage
 - **ACTIVITY** – TRIAGE SCENARIO ON BOARD – **DEMO!**
 - Use the approved scenario.
 - **ACTIVITY** – GROUP TRIAGE SCENARIOS ON PAPER – **DO!**
 - ✓ Quiz from book
- END OF SFA C

