

Module 12: First Aid

Note to the reader: Emergency Level First Aid & CPR certification is essential for obtaining an Ontario Security Guard License. Below is a brief overview. However, you must acquire CPR certification equivalent to the St. John Ambulance Emergency Level First Aid course and submit a copy of your certificate to your training provider upon completion of your training.

Emergency Level First Aid

Emergency Level First Aid training and certification is a crucial requirement within the foundational training program for security guards. Recognized as the equivalent to the esteemed St. John Ambulance Emergency Level First Aid course, this training sets a high standard for readiness in emergency response.

Upon successful completion of an emergency level first aid course, security guards are expected to demonstrate proficiency in several critical areas:

- **Emergency Scene Management:** Effectively assessing and managing emergency situations to ensure swift and appropriate responses.
- **Treatment of Shock, Unconsciousness, and Fainting:** Applying necessary first aid protocols to stabilize individuals experiencing shock, unconsciousness, or fainting.
- **Choking - Adults:** Skillfully administering techniques to aid adults experiencing choking incidents, ensuring prompt relief and safety.
- **Severe Bleeding:** Techniques for managing and controlling severe bleeding, minimizing risk and promoting recovery.
- **One Rescuer CPR - Adult:** Competency in performing cardiopulmonary resuscitation (CPR) on adults, a vital skill in potentially life-saving scenarios.

It's essential to note that this overview serves as a foundational guide and should not substitute practical training and official certification. First Aid proficiency encompasses both theoretical knowledge, which is covered in this study guide, and practical skills, best acquired through hands-on training led by qualified instructors.

Emergency Level First Aid training is an integral component of the comprehensive training framework designed for new security guards. For further details, consult the "Training and Testing" section available on the ministry's official website.

Emergency Scene Management

The paramount concern in any emergency situation is the safety of rescuers, making careful approach to the scene critical. Rescuers must remain vigilant for a range of hazards, including obvious dangers like fire, smoke, or fallen power lines, as well as less apparent risks such as hidden needles near casualties. Additionally, potential hazards that may develop, such as

sudden weather changes, moving vehicles or structures, or an escalating fire, must also be monitored closely.

Immediate confirmation that emergency services have been notified is essential. First responders may be unable to access casualties if the environment poses significant risks to their safety.

Managing Fainting Incidents

When someone feels faint or notices someone else fainting, it's crucial to take immediate steps to ensure their safety and well-being:

If Feeling Faint:

1. **Find a Safe Position:** Locate a secure place to sit or lie down.
2. **Positioning:** If sitting, lower the head between the knees to promote blood flow to the brain.
3. **Gradual Movement:** When rising, do so slowly to prevent further discomfort or potential fainting.

Assisting Someone Who is Fainting:

1. **Laying Down:** Help the person lie flat on their back.
2. **Assess Injuries:** Check for any signs of injuries that may have occurred during the fall.
3. **Elevate Legs:** Raise their legs above heart level to facilitate blood circulation to the brain.
4. **Ensure Airflow:** Ensure there's ample fresh air to aid recovery.
5. **Clear the Area:** If in a crowded space, request others to create space for proper assistance.
6. **Post-Recovery Caution:** Once consciousness is regained, advise against abrupt movements.
7. **Extended Unconsciousness:** If unconsciousness persists beyond about a minute, place them in the recovery position and seek urgent medical attention.

Emergency Situations:

- **No Breathing or Responsiveness:** If the person stops breathing or remains unresponsive, immediately call emergency services and prepare for CPR if trained:
 1. **Assessment:** Check for signs of breathing or movement.
 2. **Clear Airway:** Ensure the air passage is unobstructed.
 3. **Commence CPR:** If no breathing or circulation is detected, initiate CPR.
 4. **Continuous CPR:** Continue CPR until help arrives or signs of natural breathing resume.

5. **Recovery Position:** After initial aid, place the individual in the recovery position and stay with them until professional help arrives.
6. **Managing Bleeding:** If bleeding occurs, apply direct pressure to the wound to control blood flow and prevent further complications.

These steps are essential for managing fainting incidents effectively and ensuring the best possible outcomes for those affected.

In situations where you find yourself as the sole qualified first aider at the scene, assuming a leadership role in managing the emergency site becomes imperative. In this capacity, it is crucial to:

- **Maintain Calmness:** Approach the situation with composure and clarity.
- **Act Responsibly:** Execute duties sensibly and with a keen awareness of the surroundings.
- **Enhance the Situation:** Contribute to improving conditions rather than exacerbating them.
- **Ensure Safety:** Prioritize the safety and well-being of all individuals involved.
- **Utilize Resources:** Make effective use of available resources to address the emergency effectively.

This proactive approach not only mitigates risks but also enhances the overall management of emergency incidents, ensuring the best possible outcomes for all parties involved.