



Emergency First Response is an innovative CPR/first aid program. Accidents and illnesses happen every day. Some people need only a helping hand while others may suffer serious permanent injuries without help. By mastering Emergency First Response Primary Care (CPR) and Secondary Care (first aid) course skills you can render important care to those in need. You'll also know that you're learning state of the art skills, based on the consensus view of the Basic Life Support (BLS) Working Group of the International Liaison Committee on Resuscitation (ILCOR). In addition, the program is based on established instructional design and educational protocols to render an educationally valid and credible product. Emergency First Response courses meet CPR requirements for participants seeking certification through the American Council on Exercise.

Emergency First Response is flexible – you can learn background knowledge on your own time then conduct a practical, hands-on training sessions with a qualified Emergency First Response instructor.

Emergency First Response Primary Care (CPR) teaches you how to deal with emergencies that are immediately life threatening You will focus on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure you have the knowledge, understanding and confidence to use your skills
Primary Care (CPR) skills:

- Scene Assessment
- Barrier Use
- Primary Assessment
- Rescue Breathing
- Cardiopulmonary Resuscitation (CPR)
- Serious bleeding management
- Shock management
- Spinal injury management

You will also participate in an Automated External Defibrillator (AED) training component, learn how to help a conscious choking adult and have an emergency oxygen use orientation.

Secondary Care (first aid) covers injuries or illnesses that are not immediately life threatening or when local EMS is unavailable or delayed. You focus on secondary assessment and first aid through knowledge development, skill development and realistic scenario practice. The Secondary Care (first aid) skills are:

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting for Dislocations and Fractures

You can also take EFR's new Care for Children module that provides you with the training to perform CPR on infants and children, use an AED on children and also provide emergency first aid to children. In this module, you will learn how to perform CPR on infants

and children and the special skills to provide emergency care to a child using an automated external defibrillator. Other special situations for handling emergencies with children are covered. If you have children or are around children on a daily basis, consider this important module that can be conducted by itself or as a part of the full EFR program.

Contact me at (206) 300-0318 or e-mail me at [lets_dive \(at\) scubaventures-diving.com](mailto:lets_dive@scubaventures-diving.com). for further information on Emergency First Responder training.