

# Standard First Aid & CPR Training

The **Medical Response Training for Metis Settlements** program (a partnership between the Metis Settlement Health Board and Alberta Health Services) is inviting Metis Settlement members, leaders, administration staff, and volunteers to register for **Standard First Aid & CPR (cardiopulmonary resuscitation)** training.

## About Standard First Aid & CPR Training

A comprehensive 2-day program designed to teach you essential skills to effectively respond to medical emergencies in the workplace, home, or other setting. The course meets legislative requirements for provincial/territorial worker safety and insurance boards.

### Content Covered:

- Preparing to respond
- The EMS (Emergency Medical Services) system
- Check, Call, Care
- Airway emergencies (adult, child, infant)
- Breathing and circulation emergencies
- Automated External Defibrillation (AED)
- First aid for respiratory and cardiac arrest
- Wound care
- Head, neck, and spinal injuries
- Bone, muscle, and joint injuries
- Sudden medical emergencies
- Environmental Illnesses
- Poisons

Certification Achieved: 3-year certification in Standard First Aid and CPR Level C.

## Who Should Attend?

- Metis Settlements members, leaders, administration staff and volunteers who can benefit from training to assist with medical response needs in the community.
- Metis Settlement fire and rescue first responders.

**Session Cost: FREE**

**Session Length:** 2 days

## When & Where

Tentative start: Winter 2024  
Location(s) to be determined  
Stay tuned, more details to come.

## How to register

Complete the online [application form](#) and we will contact you when dates and locations are finalized. Limited spots are available.

## Questions?

Read the [FAQ](#) or email [MetisTraining@ahs.ca](mailto:MetisTraining@ahs.ca)

