

First aid adapted to early childhood

1 LIST OF CONTENTS AND ACTIVITIES

CPR (CARDIO-RESPIRATORY RESUSCITATION) AND CRT (CHOKING RELIEF TECHNIQUE)	
Title of the lesson	Duration (in min.)
MODULE 1 – INTRODUCTION	17
EVALUATION 1 – INTRODUCTION	8
MODULE 2 – APPROACH AND PRIMARY EXAMINATION	12
EVALUATION 2 – APPROACH AND PRIMARY EXAMINATION	8
MODULE 3 – CHEST MASSAGE	15
EVALUATION 3 – CHEST MASSAGE	8
MODULE 4 – VENTILATIONS	12
EVALUATION 4 – VENTILATIONS	8
MODULE 5 – DEFIBRILLATION	9
EVALUATION 5 – DEFIBRILLATION	8
MODULE 6 – SOME SPECIAL CASES	3
EVALUATION 6 – SOME SPECIAL CASES	5
MODULE 7 – DEMONSTRATIONS AND PRACTICES	60
MODULE 8 – CHOKING RELIEF TECHNIQUE	9
EVALUATION 7 – CHOKING RELIEF TECHNIQUE ADULTS/CHILDREN	8
EVALUATION 8 – CHOKING RELIEF TECHNIQUE AMONG INFANTS	5
TOTAL MINUTES OF TRAINING	(195)
3 BREAKS PERIODS RECOMMENDED	(45)

PREVENTION

Title of the lesson	Duration (in min.)
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MODULE 9 – GENERAL PREVENTION	30
EVALUATION 9 – GENERAL PREVENTION	8
MODULE 10 – PATHOGENS INFECTION PREVENTION	21
EVALUATION 10 – PATHOGENS INFECTION PREVENTION	16
TOTAL MINUTES OF TRAINING	(75)
1 BREAK PERIOD RECOMMENDED	(15)

ANAPHYLAXIS	
Title of the lesson	Duration (in min.)
MODULE 11 – ANAPHYLACTIC REACTIONS	36
EVALUATION 11 – ANAPHYLACTIC REACTION	15
MODULE 12 – ANAPHYLAXIS SEQUENCE OF ACTIONS	13
EVALUATION 12 – RESPONDING TO ANAPHYLAXIS	11
TOTAL MINUTES OF TRAINING	(75)
1 BREAK PERIOD RECOMMENDED	(15)

MEDICAL FIRST AID	
Title of the lesson	Duration (in min.)
MODULE 13 – MEDICAL FIRST AID PART 1	18
EVALUATION 13 – MEDICAL FIRST AID PART 1	10
MODULE 14 – ENVIRONMENTAL MEDICAL FIRST AID	9
EVALUATION 14 – ENVIRONMENTAL MEDICAL FIRST AID	7
MODULE 15 – MEDICAL FIRST AID POISONING	9
EVALUATION 15 – MEDICAL FIRST AID POISONING	7
TOTAL MINUTES OF TRAINING	(60)
NO BREAK PERIOD RECOMMENDED	(0)

TRAUMATIC FIRST AID	
Title of the lesson	Duration (in min.)
MODULE 16 – APPROACH TO TRAUMA AND PRIMARY SURVEY	3
MODULE 17 – TRAUMATIC FIRST AID PART 1	13
TRAUMATIC FIRST AID PART 1 PRACTICE	6



MODULE 18 – TRAUMATIC FIRST AID MUSCULOSKELETAL	9
TRAUMATIC MUSCULOSKELETAL FIRST AID PRACTICE	6
MODULE 19 – TRAUMATIC FIRST AID COMMON AMONG CHILDREN	17
TRAUMATIC FIRST AID COMMON AMONG CHILDREN PRACTICE	6
TOTAL MINUTES OF TRAINING	(60)
NO BREAK PERIOD RECOMMENDED	(0)

IMPORTANT :

The total number of training hours exceeds 8 hours of suggested training. Since the lessons in the Prevention section are optional according to the Ministry's recommendations. The Saint-Bernard Academy wishes to emphasize the importance of this section and why it has been annexed and must be completed in order to successfully complete the training: **First aid training adapted to early childhood.**

Take note that the duration of lessons can differ from one candidate to another due to the ability of the reader to integrate the various theorems and contents taught.