

WHAT IS A FIRST RESPONDER?

The Saskatoon Health Region provides assistance to offer the Red Cross First Responder program to several communities to help enhance and create new First Responder programs.

When a person places a **911** call, the dispatcher alerts an ambulance to the appropriate location. Given the geographical landscape of Saskatchewan this trip can take time. While the ambulance is on its way, First Responders who live in or near the location, are also dispatched. Often able to arrive on the scene first, a First Responder can make a huge difference in the situation by providing life-saving skills such as CPR, controlling bleeding, and providing oxygen while also offering comfort and support to the patient and/or their families.

A First Responder can be any member of a community over the age of 18. Many are local farmers and ranchers, retirees, volunteer fire fighters, and other community members. Almost anyone can be trained to become a First Responder.

Being a First Responder is a volunteer position. The Red Cross First Responder program requires a current CPR-C/AED card as a prerequisite. CPR courses are available in most communities.



306-682-8190

SHRFirstResponders@
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FIRST RESPONDERS

**FRIENDS HELPING FRIENDS;
when an emergency situation
arises and an ambulance is en
route a First Responder can
provide care, comfort, and po-
tentially lifesaving Emergency
Medical Services (EMS) until
the ambulance arrives.**

Do YOU Have What It Takes?

-40 HOURS. Flexible scheduling options.

-CPR Level C/AED

-100% attendance, skills demonstration,
80% min. passing grade on written exam,
and one evaluated scenario.

Certification:

-2-year certificate as First Responder,

-CPR Level HCP/AED (1 year)

Support: Continuing Education provided by
SHR.



Part 1-Preparing to Respond

- >The responder
- >The emergency scene
- >Preventing disease transmission

Part 2-Establishing Priorities of Care

- >Anatomy and physiology
- >Assessment
- >Respiratory emergencies
- >Airway and ventilation
- >Circulatory emergencies
- >Bleeding
- >Shock

Part 3-Traumatic Injuries

- >Soft tissue injuries
- >Musculoskeletal injuries
- >Head and spine injuries
- >Chest, abdominal pelvic injuries

Part 4-Medical Emergencies

- >Sudden Illnesses
- >Poisoning
- >Heat and cold related emergencies

Part 5-Special Populations and Situations

- >Special populations & crisis intervention
- >Childbirth
- >Reaching and moving patients
- >Multiple casualty incidents
- >Transportation



**FOR MORE INFORMATION ON
AVAILABLE COURSES PLEASE
CONTACT:**

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