



Marine Basic First Aid Learning Objectives

1. The Red Cross

- Act according to the values and Fundamental Principles that guide all Red Cross activities.
- Describe how the Canadian Red Cross helps people in Canada and around the world.

2. Responding to Emergencies

- Describe strategies that help prepare for emergencies.
- List the supplies a first aid kit should include and describe how to properly maintain one
- Describe how to recognize an emergency.
- Describe the emergency response system and how a First Aider fits into it.
- Identify when to call EMS/9-1-1.
- Describe what to do after an emergency.
- Describe the principles of correct documentation
- Demonstrate strategies for lowering the risk of infection, including handwashing and glove removal techniques.

3. Check, Call, Care

- Demonstrate check, call, and care for emergency situations.
- Demonstrate how to call EMS/9-1-1.
- Describe methods used to obtain radio medical advice.
- Demonstrate a complete secondary assessment.
- Demonstrate placing a person in the recovery position.
- Demonstrate rolling a person from face-down to face-up position.
- Describe how to provide continual care.
- Describe how to help a person with his or her medication.
- Describe how to recognize and care for shock.
- Demonstrate how to give an accurate verbal incident report to EMS personnel.
- Demonstrate emergency lifting and moving techniques, including safe biomechanics.
- List equipment to use for safely moving a person and describe when it is appropriate to use them.

4. Choking

- Identify strategies for preventing choking emergencies.
- Demonstrate care for choking for adults, and themselves when alone.

5. Circulation Emergencies

- Describe the major structures and functions of the circulatory system (heart, blood, blood vessels).
- Identify common causes of cardiovascular disease and describe strategies to reduce their risk.
- Describe the prevention, recognition, and care for a heart attack, angina, stroke, and TIA.
- Demonstrate care for life-threatening bleeding.
- Describe how to recognize and care for life-threatening internal bleeding.
- Demonstrate the application of a tourniquet as care for the appropriate injury.

6. CPR & AED

- Identify when CPR is needed.
- Demonstrate CPR for adults, including compression-only CPR, AED, and what to do when breaths do not go in.

7. Breathing Emergencies

- Identify strategies for preventing and recognizing breathing emergencies.
- Describe how to care for breathing emergencies.
- Demonstrate the use of an epinephrine auto-injector to care for anaphylaxis.
- Demonstrate the use of an inhaler to care for asthma.

8. Wound Care

- Describe the major structures and function of the integumentary system (skin).
- Describe the major structures and function of the digestive system, and their location within the abdominal cavity (mouth, esophagus, stomach, intestines).
- Describe the major structures and functions of the genitourinary system, and their location within the abdominal cavity (kidneys, bladder, uterus, genitalia).
- Identify prevention strategies and how to recognize wounds.
- Demonstrate care for various types of wounds.
- Describe how to recognize and care for eye injuries and ear injuries.

9. Head, Neck, and Spinal Injuries

- Describe the major structures and function of the nervous system (brain, spinal cord, and nerves).
- Describe prevention strategies for head, neck, and spinal injuries.
- Identify situations that should make you suspect a head, neck, or spinal injury.
- Demonstrate care for a person with a head, neck, or spinal injury.
- Describe how to recognize and care for pelvic injuries.

10. Bone, Muscle, and Joint Injuries

- Describe the major structures and function of the musculoskeletal system (bones, ligaments, muscles, and tendons).
- Describe common causes, prevention strategies, and how to recognize bone, muscle, and joint injuries.
- Demonstrate care for a person with a bone, muscle, or joint injury.
- Demonstrate immobilization techniques, including the application of a tube sling, regular sling, and splints.

11. Sudden Medical Emergencies

- Describe prevention strategies and how to recognize sudden medical emergencies.
- Demonstrate care for a person in a sudden medical emergency.

12. Environmental Illnesses

- Identify prevention strategies and how to recognize heat- and cold-related illnesses.
- Demonstrate care for a person with a heat-related illness and a cold-related illness.
- Describe how to recognize and care for cold-water immersion, drowning, dehydration, and malnutrition.

13. Poisons

- Describe prevention strategies and how to recognize poisoning.
- Demonstrate care for a person that has been poisoned.
- Describe how to recognize and care for food poisoning.
- Describe how to recognize and care for various bites and stings.