



First Aid & CPR 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.
 - Describe how to recognize an emergency.
 - Describe the emergency response system and how a First Aider fits into it.
 - Describe how to report child abuse.
 - Identify when to call EMS/9-1-1.
 - Describe what to do after an emergency.
 - 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.
 - 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.
4. **Choking**
 - Identify strategies for preventing choking emergencies.
 - Demonstrate care for choking for adults, children, babies, and themselves when alone.
5. **Circulation Emergencies**
 - 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, children, and babies, 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**
 - Identify prevention strategies and how to recognize wounds.
 - Demonstrate care for various types of wounds.
9. **Head, Neck, and Spinal Injuries**
 - 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 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- or cold related illness.
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 animal bites, insect stings, tick bites, snakebites, spider bites, and stings from marine life.

These learning objectives do not cover specific provincial or territorial requirements. Refer to the Lesson Plan Generator.