

STANDARD 16
FIRST AID TRAINING

FIRST AID TRAINING

It is recommended that commercial vehicle drivers take:

- (a) any course recognized by the applicable provincial agency as meeting the provincial requirements for occupational health and safety;

OR

- (b) any first aid course which includes at a minimum all of the topics listed in Schedule 1. These topics must be covered as a minimum for the duration specified therein (exclusive of administration and break time) in a combination of topic presentation and practice equivalent to that in Schedule 1.

SCHEDULE 1

TOPIC	Minimum Duration Topic Presentation (*1)	Minimum Duration Practical Exercises	TOTAL
Respiratory Emergencies and Artificial Respiration	7 minutes	30 minutes	37 minutes
Bleeding from Wounds	7 minutes	22 minutes	29 minutes
Embedded Foreign Objects	4 minutes	--	4 minutes
Shock	6 minutes	--	6 minutes
Burns and Scalds	7 minutes	--	7 minutes
Fractures – Upper Limb	4 minutes	20 minutes	24 minutes
Fractures – Lower Limb	4 minutes	--	4 minutes
Chest Injuries	7 minutes	--	7 minutes
Head and Spinal Injuries	8 minutes	5 minutes	13 minutes
Casualty Management	11 minutes	--	11 minutes
Accident Scene Management	7 minutes	45 minutes	52 minutes
TOTAL Instruction Time	72 minutes	122 minutes	194 minutes or 3 hr 23 minutes

(*1) May include lecture, film, class discussion, demonstration, etc.