



# Training Connections

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## OFA 3 – Occupational First Aid Level III

70 hours – 10 days

### Prerequisites:

- There are no minimum age requirements to participate in any of the OFA courses. However, to be a designated first aid attendant in a workplace under the jurisdiction of WorkSafeBC, an employer must ensure that the attendant is at least 16 years of age.
- Candidates must be able to comprehend the information presented and be physically capable of performing the required skills to be issued an OFA certificate. If a Candidate is able to meet the course objectives, they can be marked as “successful” and be issued a certificate.
- WorkSafeBC regulation requires candidates to complete a Statement of Fitness prior to being certified in OFA level 3.
- Pre-reading will be assigned once students register.
- Successful completion of both a written and practical exam will certify students for 3 years.

### Course Content

- Understanding the role and duties of an occupational first aid attendant
- Scene Assessment
- Acknowledging Hazards
- Locating mechanism of Injury
- Knowledge of Primary Survey and its components.
- Critical Intervention
- C-Spine control and anatomy
- C-Spine control and airway management and assessment
- Assessment of circulation
- Anatomy of circulatory system
- Knowledge of A-B-C's
- Secondary Survey components and skills
- Understanding and knowing about History Taking
- Head to toe examinations
- Understanding the priority action approach and how it relates to patients
- Anatomy and function of skin and soft tissues including muscles, skin, tendons and ligaments.
- Soft tissue injuries and wounds (includes infections)
- Anatomy and function of the eye.
- Understanding the principles surrounding eye injuries.
- Treatment of eye injuries.
- Burn management including thermal, chemical and electrical burns
- Knowledge and skill with oxygen therapy equipment
- Understanding the patient assessment chart
- Patient positioning including standing, sitting and supine and transitioning between.
- Patient transport and immobilization.
- Managing and knowledge of oral airways.
- Anatomy and function of the respiratory system
- Respiratory emergencies including foreign and non-foreign obstructions. Partial and full obstructions.
- Critical airway intervention
- Recognizing, treating and managing circulatory emergencies. Includes shock, bleeding and heart conditions.
- Anatomy and function of the central nervous system including the spine and brain.
- Understanding and management of sudden medical emergencies such as strokes and seizures.
- Internal injuries and bleeding.
- Anatomy, function and terms of limbs.
- Understanding and treating fractures and dislocations.
- Diabetes.
- Asthma
- Environmental emergencies.
- Emergency transport.
- Understanding worksite preparedness
- Substance Abuse.