



# Training Connections

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## **OFA 1 – Occupational First Aid Level 1 – Worksafe BC**

8 hours

Certificates are valid for 3 years.

Prerequisites:

- Be at least 16 years of age
- Government Issued Photo I.D.
- Wear comfortable/modest clothing (no tank tops) for working in close contact with others
- Be fit to perform course related activities. Floor work and first aid related activities

TOPICS INCLUDE:

- Scene Assessment
- Mechanisms of Injury
- Victim Management
- Primary Survey
- Contacting EMS
- Unconscious and unresponsive victims
- Rolling a Patient
- Recognizing and treating Wounds
- Patient Transport
- Burns (chemical and thermal)
- Eye injuries
- Choking victims
- Airway Management
- Cardiopulmonary Resuscitation (CPR)
- Automated External Defibrillators (AED)
- Shock
- Chest Pain
- Stroke
- Diabetes
- Seizures
- Fainting
- Written Examination