



# 2018 Training & Product Guide

Get SET™ for Safety at Work, Home and Play



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# ABOUT SJA

## Who We Are

Building on a 900-year old tradition, St. John Ambulance partners with individuals and organizations to provide first aid and CPR training and products. Our mission is to get everyone in the community SET™ for Safety and Emergencies at Work, Home and Play.

## Why Choose SJA

As a self-funded charity, product purchases and donations we receive from the public support our volunteer-based community care programs. With over 220,000 volunteer hours dedicated to programs such as the Community Transfer Program, Therapy Dog Program, Youth Leadership Program, and our Medical First Responders, St. John Ambulance is the leader in saving lives and impacting the community.

## Community Programs

### ■ COMMUNITY TRANSFER PROGRAM

The St. John Ambulance Community Transfer Program provides comfortable, door-to-point-of-care transfers for people of all ages who are in a wheelchair or stretcher, and have non-life threatening medical conditions that make regular vehicle travel challenging. Our vehicles are fully equipped with stair chairs, stretchers, and emergency medical response equipment to meet the unique needs of those we transfer with heart.

### ■ THERAPY DOG PROGRAM

The St. John Ambulance Therapy Dog Program builds on our proud tradition of community service by bringing the benefits of a dog's companionship to those who are hospitalized, residing in long term care, or simply students in need of a distraction during stressful exam time. Since 2016, our Therapy Dogs and Handlers have been providing a moment of joy to travelers and staff at the Vancouver International Airport.

### ■ YOUTH LEADERSHIP (CADET PROGRAM)

The Cadet Program is a great way for young people (11-19 years) to take part in community service and learn valuable life skills. They can participate in overnight stays and camps, earn high school credits and scholarships, volunteer within the community by providing first aid service at public events, and have the opportunity to participate in first aid competitions.

### ■ MEDICAL FIRST RESPONDERS

The Medical First Responders (MFR) program services our communities by providing emergency response at all kinds of competitions and events. From music festivals to community celebrations, soccer tournaments to marathons and bike races, our MFR volunteers are there to support the participants and bring certified emergency medical response in the case of an emergency.





## MESSAGE FROM THE CEO

St. John Ambulance is an integral part of the community here in BC and Yukon. We teach first aid and CPR to people from every walk of life and have a range of emergency preparedness products that can keep you SET™ for Safety at Work, Home and Play. Our aim is to get everyone trained in first aid and CPR so they can be real superheroes in the event of an emergency.

A large part of the revenue that we collect from product purchases and donations directly impacts the charitable community services of our organization. Our volunteers are skilled nurses, doctors, and professionals who give their hearts and service as a charity to those in need within the community. Programs like the Community Transfer, Therapy Dogs, and Medical First Responders are available around the clock to support the community and make it a better and safer place to live in.

It's amazing to see this organization's 900-year old history and tradition bring a sense of pride to those who are part of it. As I always say, St. John Ambulance is the best kept secret in Canada.

Thank you for your continued support.

Karen L. MacPherson  
Chief Executive Officer

## 4 Easy Ways to Get SET™ for Safety at Work, Home and Play

### ■ ONLINE TRAINING

Register for any course on our online portal [go.sja.ca](https://go.sja.ca). Once registration is complete, you will be granted access to the course. You can start the course anytime you like and proceed at your own pace.

### ■ CLASSROOM TRAINING

You can register yourself, or your group, in an upcoming class. We organize all the details for a great class: the instructor, equipment, and materials. On the selected date, you attend the class and receive a completion certificate.

### ■ BLENDED TRAINING

Blended (or hybrid) training is a combination of both the Online and Classroom training approaches. You complete the online training components, which is often at least 50% of a traditional class time commitment. Once this component is done, you attend the classroom session, which enables you to practice the new skills you have learned.

### ■ FIRST AID & EMERGENCY PRODUCTS

Our extensive range of products include first aid and emergency preparedness kits, WorkSafeBC accredited first aid kits for organizations, AEDs (Automated External Defibrillators), and first aid facilities & supplies. All of our products are affordable, great quality, meet WorkSafeBC compliance requirements, and most importantly, keep you and your loved ones safe at work, home and play.

# COMMITMENT TO QUALITY

At St. John Ambulance, our commitment to quality is vital to all we do. We strive to meet and improve our quality standards every step of the way and have strict processes and standards to ensure quality.

## INSTRUCTOR QUALIFICATION AND MONITORING

St. John Ambulance instructors are one of our most valued resources. As experts in first aid, these highly-trained adult educators are committed to providing a positive classroom experience. St. John Ambulance's dedication to quality includes random program monitoring, instructor monitoring, and regularly scheduled instructor workshops and updates. No matter where you take your SJA training in BC or Yukon, you will receive the same high quality of instruction.

## PAYMENT

You may pay by Visa, MasterCard, or American Express, online or over the phone. Cash, debit, and company cheques are also accepted in person at any branch. Course prices include the cost of class materials (except Emergency Medical Responders), training supplies, and one exam fee. Prepayment is required to confirm your registration and seat(s) in class.

## PRIVACY POLICY

Your right to privacy is important to us, therefore St. John Ambulance generally exceeds the regulations under the Personal Information Protection and Electronics Documents Act and the BC Personal Information Protection Act. We do not share your information with anyone outside St. John Ambulance unless required by law, but we do use this information to communicate directly with you if you have given us consent to do so.

## CLASS RESCHEDULE OR CANCELLATION BY ST. JOHN AMBULANCE

St. John Ambulance reserves the right to cancel or reschedule a class or course. In the event that a class must be cancelled, you will be informed by telephone or email in advance. You may then either reschedule for another class or receive full reimbursement of course fees.

## CLASS RESCHEDULE OR CANCELLATION BY STUDENT

For courses under 20 hours, cancellation or transfer to a future class requires notice of two (2) full business days before the course date, and a \$20 service fee will be charged. No future refunds or transfers are available after a change has been made. A private class must be cancelled with at least five (5) business days prior to the scheduled program or a cancellation fee will be charged.

For courses over 20 hours, cancellation or transfer to a future class requires notice of five (5) full business days, and a \$75 service fee will be charged. No future refunds or transfers are available after a change has been made. A private class must be cancelled with at least five (5) business days prior to the scheduled program or a cancellation fee will be charged. No refund is available after this five-day period.

## OCCUPATIONAL FIRST AID LEVEL 2 & 3 EXAMS

Requests for any transfer, withdrawal or refund must be received at least two (2) full business days before the exam start date or the exam fee will be forfeited.

## EMERGENCY MEDICAL RESPONDER

The course textbook will be shipped to the address provided upon receipt of payment. Once registered, a transfer to an alternate course date may be granted with a minimum of five (5) full business days' notice prior to the start of the class. In addition, a \$150 service fee will be charged. If a cancellation is requested prior to starting the online course portion, and we receive a minimum of five (5) full business days' notice prior to the start of class, a \$300 cancellation fee will be charged. This includes the cost of the book, which cannot be returned. Refunds are not available to students who have already transferred classes or accessed the online portion of the course.

## ONLINE COURSES

Refunds for online courses are available within fourteen (14) days of purchase if the course has not been accessed. Refunds are not available to students who have already accessed their course. Online courses must be completed within one year from the date of purchase.

## DISCLAIMER

While every attempt is made to ensure that the information we provide is reliable, if you spot something you feel may be inaccurate or have any questions or concerns regarding our policies or procedures, please contact our Customer Care team at 1.866.321.2651.

# FIRST AID & CPR LEARNING CHART

	Courses	Products
<b>Children (ages 6-16)</b>	Babysitting Basics, Standard First Aid - with CPR-C-AED	Emergency Preparedness Children's Comfort Kit, Emergency Preparedness Fanny Kit, Emergency Preparedness Basic Student Kit, CPR Shield Kit
<b>Youth (ages 16+)</b>	Standard First Aid - CPR Level C with AED, Bear Aware, WHMIS, Food Safety Basics	Emergency Preparedness Fanny Kit, Pet First Aid Kit, Compact Kit, Emergency Preparedness Basic Student Kit
<b>Young Adults</b>	CPR A with AED, Life Saver, Save That Child, Food Safety Advanced	Emergency Survival Kit in a Bottle, Outdoor and Sport Kit
<b>Adults</b>	CPR B with AED, Emergency First Aid - Community Care, Emergency Medical Responder, Paramedics in Industry: Medical Terminology	Vehicle Kit, Home & Family Kit, Emergency Preparedness Deluxe Kit, AEDs
<b>Workplace</b>	Transportation of dangerous goods, WorkSafeBC Level 2, WorkSafeBC Level 3, Emergency First Aid For Industry, Standard First Aid For Industry, Marine First Aid, Workplace Bullying and Harassment - Transportation Endorsement, WHMIS, Fall Protection, Mental Health First Aid	WorkSafeBC CPR Shield Kit, Vehicle Kit, WorkSafeBC Kits, AEDs, Workplace First Aid Facilities

# RECOMMENDED SAFETY TRAINING BY INDUSTRY

		Aviation	Construction	Forestry & Silviculture	Hospitality & Food Service	Marine, Fishers & Aquaculture	Mining & Exploration	Oil & Gas	Health Care & Emergency Response	Retail & Warehouse	Transportation & Logistics
Confined Space Entry	BC-CSE	✓	✓			✓	✓	✓			
Emergency Medical Responder - Blended	BC-EMR								✓		
CPR C With AED	BC-CPRC-AED								✓	✓	
Emergency Community Care	BC-ECC								✓		
Fall Protection	BC-FALL	✓	✓	✓		✓	✓	✓			✓
Ground Disturbance	BC-GTD						✓	✓			
H2S Alive	BC-H2S		✓				✓	✓			
Marine Basic First Aid	BC-MBFA					✓					
Mental Health First Aid	BC-MHFA	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standard First Aid - Industry (OFA Level 1)	BC-SSOC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standard First Aid - CPR C With AED	BC-SFC-AED	✓			✓			✓	✓		
Standard First Aid - CPR C With AED Recert	BC-SFC-AED-R				✓			✓	✓		
Standard For Mines (WorkSafeBC Level 1)	BC-SSOM						✓				
WorkSafeBC Level 1 Equivalent	BC-ESO	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
WorkSafeBC Occupational First Aid Level 2	BC-OF2		✓		✓	✓			✓	✓	✓
WorkSafeBC Occupational First Aid Level 3	BC-OF3	✓	✓	✓		✓	✓	✓	✓		
Transportation Endorsement	BC-TE		✓		✓	✓			✓	✓	✓
Bear Aware	ONLINE			✓		✓	✓	✓			
Confined Space Awareness	ONLINE		✓			✓	✓	✓			✓
Gas Detection	ONLINE							✓			
Construction Safety Training System (CSTS)	ONLINE		✓					✓			
Fire Safety	ONLINE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
H2S Awareness	ONLINE		✓				✓	✓			
Infection Control And Prevention Basics	ONLINE				✓				✓		
Food Safety Basics.fst®	ONLINE				✓	✓			✓	✓	
Food Safety Advanced.fst®	(in-branch exam)				✓	✓			✓	✓	
Medical Terminology	ONLINE								✓		
Transportation Of Dangerous Goods	ONLINE	✓	✓	✓	✓	✓	✓	✓		✓	✓
WHMIS 2015	ONLINE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Working Alone Safely In British Columbia	ONLINE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Workplace Bullying And Harassment	ONLINE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



# EMERGENCY & COMMUNITY COURSES & PRODUCTS





# EMERGENCY & COMMUNITY TRAINING COURSES

## Standard First Aid with CPR-C and AED

- **DURATION:** 2 Days (8 hours per day)
- **RECOMMENDED FOR:** The general public and federally regulated workplaces like police, first aid responders, lifeguards, ski patrollers, and families with children. It meets requirements for Canada Labour Code Standard First Aid, as well as Licensed Child and Adult Care Facilities.
- **CONTENT:** Roles and responsibilities; management of an unresponsive casualty; adult, child and infant resuscitation; 1 rescuer CPR with automated external defibrillation (AED); first aid for choking; 2 rescuer adult CPR; medical conditions; management of a casualty with head/spinal injuries, chest/abdominal injuries, poisoning, severe bleeding, secondary survey, wound care, burns, eye injuries, bone and joint injuries; environmental emergencies; rescue carries; poisoning; and dental emergencies.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Emergency First Aid – Community Care

- **DURATION:** 1 Day (9 hours)
- **RECOMMENDED FOR:** Anyone who provides care for infants, children and/or adults, including licensed adult residential care and child care workers, federal government employees, home care providers, coaches, spectators at any amateur sporting event, and expectant parents and grandparents. The course meets first aid requirements under the Ministry of Health - Community Care Licensing Branch (effective October 1, 2009).
- **CONTENT:** Management of an emergency scene; assessment of a patient; fainting and unconsciousness; cardiopulmonary resuscitation for adults, children and infants at a CPR B level; using an AED; shock, choking, wounds and severe bleeding; insect, animal and human bites; eye injuries; spinal and head injuries; dental emergencies; fractures of the upper and lower limbs including bone and joint injuries; cardiovascular emergencies; burns; electric shock; poisoning; environmental injuries, including exposure to heat or cold; and common medical conditions, including diabetes, epilepsy, convulsions, and allergic reactions.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Emergency First Aid with CPR-C and AED

- **DURATION:** 1 Day (8 hours)
- **RECOMMENDED FOR:** People who require basic first aid skills for infants, children and/or adults. This course meets the Canada Labour Code requirements for Basic First Aid and meets the prerequisites for the Certification for Drug Administration by Injection and Intranasal Route course for the BC College of Pharmacy.
- **CONTENT:** Roles and responsibilities, emergency scene management of an unresponsive casualty, 1 rescuer CPR, AED, first aid for choking, child resuscitation, infant resuscitation, 2 rescuer CPR, medical conditions, severe bleeding, and amputations.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Babysitting Basics

- **DURATION:** 7½ hours
- **RECOMMENDED FOR:** Youth aged 11+ years who care for children and infants while babysitting. The course enhances awareness and safety by teaching responsible babysitting and skills to cope with common emergencies. A certificate of participation is issued upon successful completion of the program.
- **CONTENT:** Welcome to babysitting, caring for children and babies, feeding children, playing with children, keeping children safe, handling emergencies, and first aid.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** 11 years and older

# EMERGENCY & COMMUNITY TRAINING COURSES

## Save That Child

- **DURATION:** 4 hours
- **RECOMMENDED FOR:** This interactive course is great for parents, grandparents, and others who care for infants or children in an informal capacity. The course stresses accident prevention while also teaching first aid skills. Learn how to effectively prevent, recognize, and respond to child emergencies. This course enhances awareness and safety by teaching responsible babysitting and skills to cope with common emergencies. A certificate of participation is issued upon successful completion of the program.
- **CONTENT:** Roles and responsibilities, preventing childhood emergencies, emergency scene management, child and infant resuscitation (CPR and choking), fever emergencies, dehydration and convulsions, burns, wounds and bleeding, poisons, and concussion injuries.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** 10 years and older

## Lifesaver

- **DURATION:** 5½ hours
- **RECOMMENDED FOR:** Busy individuals looking for a basic first aid course with no written examination. This introductory course teaches the skills most often required to save a life.
- **CONTENT:** Lifesaver roles and responsibilities, management of an unresponsive casualty, adult resuscitation (1 rescuer CPR, AED, and first aid for choking), medical conditions, management of a casualty with head/spinal injuries, burns, and poisoning.
- **WRITTEN EXAMINATION:** No
- **PREREQUISITES:** 10 years and older

Get emergency  
ready in 4 easy steps.  
Visit **SETforEmergency.com**

## FIRST AID & EMERGENCY PRODUCTS



### Wallet Kit

About the size of a credit card, this small first aid kit is perfect to slip into your purse, laptop bag or briefcase.

■ \$1.95



### Pocket Mask

Re-useable St. John Ambulance pocket mask.

■ \$11.95



### CPR Keychain Mask

A single-use face shield and pair of gloves that conveniently fit on your keychain.

■ \$8.95



### Compact Kit

A great, basic kit to treat everyday minor wounds, and small enough to tuck away in your purse, bag, backpack or desk.

■ \$9.95



### Pet First Aid Kit

Treat your furry friends immediately with the most comprehensive pet first aid kit on the market.

■ \$37.95



### Outdoor & Sport Kit

One of our most popular kits, this kit is the best way for you and your team to play hard and be SET™ for Safety.

■ \$42.95



## Vehicle Kit

Our handy Vehicle Kit includes 68 first aid pieces to support you in any roadside emergency.

■ \$29.95



## Home & Family Kit

Our Family Kit comes with everything you need to cope with minor accidents around the house and keep your family safe.

■ \$34.95



## Deluxe Emergency Preparedness Vehicle Kit

Prepare for any unexpected automotive or weather-related events with this kit, which includes our quality first aid roadside assistance pieces, as well as adequate food, water, and necessary emergency supplies, such as a wool blanket, glow sticks, flashlight and AM/FM Radio.

■ \$99.95



## Emergency Preparedness Vehicle Kit

Whether you're lost or stranded, you'll be glad to have our Emergency Preparedness Vehicle Kit in your vehicle. This kit also includes wallet and compact first aid kits.

■ \$69.95



## Emergency Preparedness Fanny Kit

Designed specifically for hiking and biking, this kit equips you with the basic necessities to face injuries in the wild with ease. Feel safe knowing you have enough supplies to last you 24 hours. The Emergency Fanny Kit includes survival items like food and water, waterproof matches, and a poncho to keep you dry through the night.

■ \$28.95



## Emergency Preparedness Children's Comfort Kit

The Children's Comfort Kit is designed to meet the needs of young children during the first 72 hours of a disaster or emergency.

■ \$39.95



## Emergency Preparedness Basic Student Kit

An essential kit for both children and youth that can easily be stashed in a backpack or a school locker, and provides the vital basics: food, water, light, warmth, and hygiene. This kit includes enough food and water for a full day, mylar reflective blanket, wet naps, and a light stick.

■ \$9.95



## Emergency Preparedness Basic Kit (Home)

During storms, earthquakes, or any emergency situation, having the food, water and equipment to survive for 72 hours is vital. This kit can be stored nearby and grabbed on the go when an evacuation presents itself. Customize your emergency preparedness gear to support your entire family.

■ \$44.95



# FIRST AID & EMERGENCY PRODUCTS



## Emergency Preparedness Deluxe Kit

St. John Ambulance has Deluxe Kits for one, two, three, or four people, prepared with food, water, and equipment you need to support your entire family for 72 hours during an emergency. This backpack is easy-to-grab and reflective.

- 1 Person \$109.95      ■ 2 Person \$129.95
- 3 Person \$179.95      ■ 4 Person \$199.95



## Emergency Survival Bottle

Compact, lightweight, and durable, this Emergency Survival Bottle is packed with survival gear including glow sticks, flashlight, waterproof match container, and a poncho.

- \$34.95



## LifeStraw-Go Water Bottle

This durable, leak-proof, BPA-free bottle filters up to 1,000 L of water and removes 99.99% of waterborne bacteria and parasites. The detachable filter allows for easy cleaning, and your water will have zero aftertaste, as the bottle contains no chemicals.

- \$44.95



## LifeStraw

This award-winning water filter is designed to provide safe, clean drinking water by removing 99.99% of waterborne and airborne bacteria. At only 310 mm long, the LifeStraw is ideal for hiking & camping, travel, emergency preparedness, and survival. This BPA-free filter can process over 264 gallons of water and contains zero chemicals.

- \$26.95



## All Season Safety Kit

This kit has all of the first aid and survival essentials to keep you, your family, and friends SET™ for Safety and sustained for the first three days after an emergency.

- \$39.95



## All Season Safety Bottle

This water bottle is stocked with survival essentials: a heat-retaining mylar blanket, water, a 400-calorie food bar, and more. It can be conveniently stored in your car or at work to be accessible during or after an emergency.

- \$19.95



## Aquatabs

Aquatabs are the world's leading brand of water purification tablets. They provide safe, portable, and effective water purification for various needs such as remote industry, outdoor sport and travel, emergency preparedness, and disaster aid. When added to water, Aquatabs dissolve to release a measured dose of hypochlorous acid (free available chlorine) that is universally recognized as a safe and effective water disinfectant. Aquatabs are certified to NSF / ANSI 60.

- \$11.75/49mg (50 Pack)

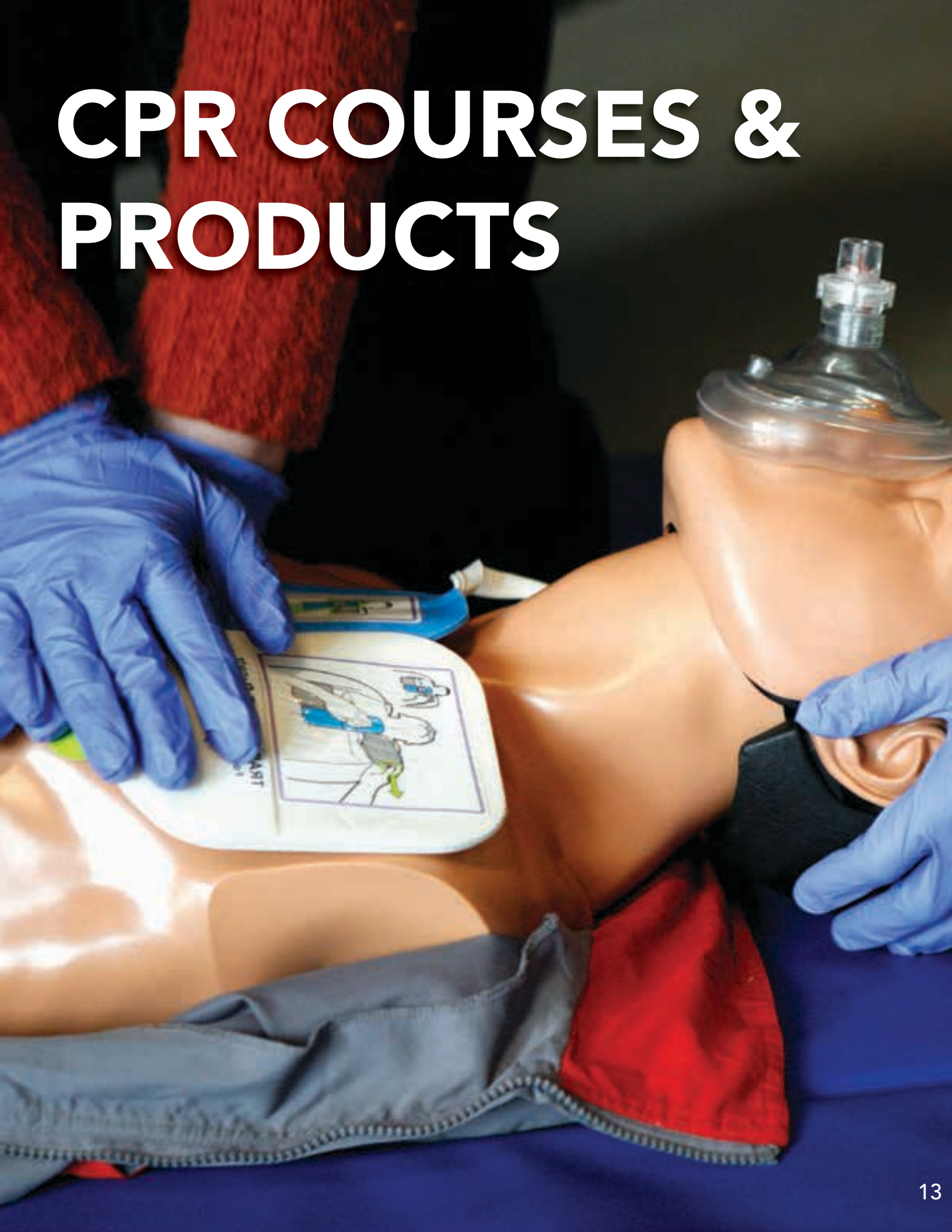


## HeatStore Survival Shelter

The HeatStore Survival Shelter offers a durable, wind-proof environment with a sealed end and reflective lining so that you can retain warmth and feel safe during an emergency. Its bright orange colour makes you highly visible in the wild no matter the landscape.

- \$24.95

# CPR COURSES & PRODUCTS



# CPR TRAINING COURSES

## CPR A with AED

- DURATION: 3½ hours
- RECOMMENDED FOR: Adult care givers, family members, seniors, high school teachers, coaches (for adults) and the general public.
- CONTENT: Emergency roles and responsibilities, adult resuscitation (1 and 2 rescuer CPR, automated external defibrillation (AED), and first aid for choking), and use of universal precautions including gloves and pocket masks.
- WRITTEN EXAMINATION: No
- PREREQUISITES: None

## CPR B with AED

- DURATION: 6 hours
- RECOMMENDED FOR: Anyone who cares for adults, children or infants including parents, family members, coaches, school teachers, as well as the general public.
- CONTENT: Child and infant resuscitation; emergency roles and responsibilities; adult, child, and infant resuscitation (1 rescuer CPR, automated external defibrillation (AED); and first aid for choking); 2 rescuer adult CPR; and use of universal precautions, including gloves and pocket mask.
- WRITTEN EXAMINATION: No
- PREREQUISITES: None

## CPR C with AED

- DURATION: 6¼ hours
- RECOMMENDED FOR: People who have a duty to respond to medical emergencies in a pre-hospital care environment, workplace first aiders, ski patrollers, police and other first responders, lifeguards, community health workers, coaches and others whose job requires them to perform CPR on adults, children and/or infants within the community or workplace.
- CONTENT: Emergency roles and responsibilities; adult, child and infant resuscitation (1 rescuer CPR, automated external defibrillation, and choking); 2 rescuer adult CPR; and use of universal precautions, including gloves and pocket masks.
- WRITTEN EXAMINATION: Yes
- PREREQUISITES: None



Every **12 minutes** a Canadian has a **Cardiac Arrest**. An AED and CPR increases **chance of survival by 75%**. Buy an AED from **[www.shopsafetyproducts.ca](http://www.shopsafetyproducts.ca)** to help save a life.



# CPR PRODUCTS



## ZOLL Plus Semi-Automatic AED

The ZOLL® AED Plus® is a cost-effective AED that enables you to rescue with clarity and confidence. When sudden cardiac arrest occurs, only 50% of victims need a shock, but all will require cardiopulmonary resuscitation (CPR). The AED Plus features a CPR hand-placement sensor and Real CPR Help®, a feedback tool that monitors CPR quality and provides real-time feedback for both depth and rate of chest compressions. Feedback is delivered by audio prompts, while a compression depth bar gauge helps the rescuer reach the optimal compression depth.

■ \$1,710



## Cardiac Science Powerheart® G5 Semi-Automatic AED

Whether you are an experienced rescuer or a first-time responder, this AED provides a powerful combination of features that help rescuers provide sudden cardiac arrest (SCA) victims with swift, effective, and life-saving therapy. This AED is the first Health Canada-cleared AED to feature bilingual (English and French) functionality and easy switching between languages. Backed by an 8-year warranty, the Powerheart® G5 has an Intellisense® non-rechargeable battery that includes a 4-year performance guarantee.

■ \$1,999



## Philips HeartStart OnSite Defibrillator Semi-Automatic AED

Designed for the ordinary person in the extraordinary moment, the semi-automatic HeartStart OnSite defibrillator with Life Guidance acts as your personal coach to guide you through a cardiac emergency with a simple, step-by-step process. SMART Analysis automatically assesses the person's heart rhythm and will only deliver a shock if needed — even if the Shock button is pressed — so you don't need to worry about shocking someone unnecessarily. Backed by an 8-year warranty, the battery has an in-unit shelf life of 4 years and a capacity of 200 shocks or 4 hours run time.

■ \$1,498



## Philips HeartStart FRx Defibrillator Semi-Automatic AED

The Philips HeartStart FRx is robust, ideal for those who need a frequent-use AED. Featuring intelligent sensors and Life Guidance, which acts as your personal coach, the FRx guides you through a cardiac emergency with a simple, step-by-step process. Preconnected SMART Pads II can be used for both adults and children, so you don't waste valuable seconds changing pads. Backed by an 8-year warranty, the battery has an in-unit shelf life of 4 years and a capacity of 200 shocks or 4 hours run time.

■ \$1,998



## ZOLL 3 Automatic & Semi-Automatic AED

The ZOLL AED 3 embodies all the great qualities of its predecessor while offering advanced features to provide unrivaled rescuer support. It has proven Real CPR Help® technology with enhanced features, including dynamic rescue images, full color display, and real-time feedback for depth and rate of chest compressions. Universal pad design treats both adult and pediatric victims of SCA by using the same set of electrode pads and activating child mode. At 8 seconds, the ZOLL AED 3 is among the fastest at delivering a shock after chest compressions stop (automatically after a three-second countdown). Equipped with the latest technology, the AED is easy to use, easy to maintain, and reliable. Reconfigure and upgrade software to the latest guidelines, and download event data files easily using the interactive touchscreen and USB port.

■ \$1,980

# CPR PRODUCTS



## Physio-Control Lifepak Express Semi-Automatic AED

The semi-automatic LIFEPAK Express from Physio-Control features some of the best elements of the CR Plus while being budget-friendly. The Express is a lightweight and compact defibrillator that features a 5-year warranty, a rechargeable lithium sulfuryl chloride battery, escalating defibrillation up to 360J, and a water resistance rating of IPX4. ClearVoice prompts provide step-by-step instructions to guide user through the rescue process. A quick check of the status indicator lets you know the device is ready to go.

■ \$1,310



## Physio-Control Lifepak CR Plus Automatic or Semi-Automatic AED

The LIFEPAK CR Plus combines an easy two-step operation, guidance, and the capability to escalate to 360J when needed. The CR Plus conducts weekly and extended monthly automatic self-tests, initialization tests each time it is powered on, and a series of concurrent tests throughout the time the device is in operation. The CHARGE-PAK™ battery charger keeps the robust internal battery at its optimum level during the life of the unit. The battery charger and electrodes have a synchronized replacement cycle that makes your AED maintenance program efficient and affordable. Features an 8-year warranty and a typical battery capacity of 30 full discharges or 210 minutes of "on time" with a fully charged device.

■ \$1,799



## Cardiac Science Powerheart G3 Plus Fully Automatic or Semi-Automatic AED

This fully or semi-automatic Powerheart® G3 Plus is ideal for lay rescuers to use in public areas such as schools, athletic fields, and workplace environments. Backed by a 7-year warranty, this AED is the flagship Cardiac Science AED that features an Intellisense® non-rechargeable battery and a 4-year performance guarantee. Rescue Ready® technology automatically self-checks main AED components; RescueCoach™ provides clear voice and text prompts to guide the user through the rescue operation; and STAR® biphasic technology works to make your rescue as simple as possible.

■ \$1,799 Fully or semi-automated



## Philips HeartStart FR3 AED

At a mere 3.5 lbs, the HeartStart FR3 by Philips comes with advanced features for the professional responder. It automatically powers on when you open its carrying case, and provides pre-connected peel-and-place SMART Pads giving it lightning-fast deployment time. Its Quick Shock technology significantly reduces the time between hands-off and shock delivery. Professional grade features, including on-demand CPR coaching and a high-resolution LCD display, make the HeartStart FR3 a lifesaving powerhouse.

■ \$2,885 for Text Display

■ \$3,420 for ECG Display



## Physio-Control Lifepak 1000 AED

The LIFEPAK 1000 is a semi-automatic defibrillator, powerful and adaptable enough for professional responders. It features CPRMAX technology, which gives you the flexibility to choose CPR settings that best accommodate your patient. Built for the harshest environments, the LIFEPAK 1000 is the toughest, most durable AED from Physio-Control and can escalate energy up to 360J. The device withstands rigorous drop-testing from any angle, is enclosed in a highly protective case with bumpers, and has received an IP55 rating. The LIFEPAK 1000 is fully compatible with all other LIFEPAK defibrillators and monitors and comes with a 5-year warranty.

■ \$2,400 for Graphic Display

■ \$3,100 for ECG Display



# WORKPLACE COURSES & PRODUCTS





# WORKPLACE TRAINING COURSES

## Emergency First Aid for Industry (OFA Level 1 Equivalent)

- **DURATION:** 8 hours
- **RECOMMENDED FOR:** Anyone wishing to work as an Occupational First Aid Level 1 attendant in British Columbia.
- **CONTENT:** This course meets first aid requirements for WorkSafeBC - Occupational First Aid (OFA) Level 1 and Canada Labour Code Basic First Aid. Content includes emergency scene management, minor wound care, airway obstruction, CPR with AED, shock, severe bleeding, and medical emergencies.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must be 16 years of age or older. Must be physically able to perform the required first aid and CPR skills.

## Standard First Aid for Industry (OFA Level 1 Equivalent)

- **DURATION:** 2 days
- **RECOMMENDED FOR:** Anyone wishing to work as a Level 1 first aid attendant in BC, police, first responders, lifeguards, ski patrollers and caring citizens.
- **CONTENT:** This course meets the requirements for Canada Labour Code (Standard First Aid) and WorkSafeBC OFA Level 1. Content includes emergency scene management, minor wound care, adult, child, and infant resuscitation, 1 rescuer CPR with AED and first aid for choking, 2 rescuer adult CPR with AED, shock and severe bleeding, medical emergencies, spinal precautions, secondary survey, burns, eye injuries, poisoning, bone and joint injuries, wound care, rescue carries, and environmental emergencies.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must be 16 years of age or older. Must be physically able to perform the required first aid and CPR skills.

## Standard First Aid for Mines - Private

- **DURATION:** 2 days
- **RECOMMENDED FOR:** This course is suitable for workers in the mining industry.
- **CONTENT:** Emergency scene management, minor wound care, airway obstruction, 2 rescuer adult CPR with AED, shock and severe bleeding, medical emergencies, spinal precautions, secondary survey, burns, eye injuries, poisoning, chest and abdominal injuries, bone and joint injuries, rescue carries, environmental injuries, and multiple casualty management.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must be 16 years of age or older. Must be physically able to perform the required first aid and CPR skills.

# Ready to get SET™ for Safety?

Shop safety training & supplies for every industry at 23 branches across BC & Yukon, online at [shopsafetyproducts.ca](https://shopsafetyproducts.ca) or call **1.866.321.2651**.

## H2S Alive (ENFORM)

- **DURATION:** 1 day
- **RECOMMENDED FOR:** All mining or petroleum industry workers who may be exposed to environments where Hydrogen Sulphide (H<sub>2</sub>S) is present.
- **CONTENT:** Physical properties and health hazards of H<sub>2</sub>S, how to protect oneself, and basic rescue techniques.
- **WRITTEN EXAMINATION:** Yes      ■ **PREREQUISITES:** None

## Transportation Endorsement

- **DURATION:** 1 day
- **RECOMMENDED FOR:** This course prepares OFA-1 (or equivalent) and OFA-2 First Aid Attendants with the skills and knowledge needed to transport injured or ill workers to medical aid. Participants are required to perform spinal immobilization and patient transport skills.
- **CONTENT:** Performing a jaw thrust, assess the carotid pulse, measure and insert an oral airway, assess breathing rate, administer oxygen, change an oxygen cylinder, perform a primary survey on an unresponsive patient, manage respiratory arrest, reposition a patient from prone to supine, apply a hard cervical collar, position and secure a patient to a spine board in the (a) supine position, and (b) lateral position.
- **WRITTEN EXAMINATION:** No
- **PREREQUISITES:** Must be 16 years of age or older. Certificate only valid when accompanied by a current OFA 1 or 2 or equivalent.



## WorkSafeBC Occupational First Aid (OFA) Level 2

- **DURATION:** 36 hours
- **RECOMMENDED FOR:** As per WSBC requirements.
- **CONTENT:** Human anatomy and physiology; priority action approach and secondary survey for the conscious patient, patients requiring urgent medical attention, patients in the first aid room, and patients with a decreased level of consciousness; soft tissue injuries, eye injuries, burns, and ligament and tendon injuries; critical interventions of the airway for conscious patients and patients with a decreased level of consciousness; first aid for poisoning and substance abuse; management of respiratory emergencies, chest injuries and use of a bag-valve mask; first aid for asthmatic conditions; first aid for electrical injuries; identifying and managing circulatory emergencies (shock, bleeding, heart conditions – CPR with AED); first aid for diabetic conditions and environmental emergencies; common communicable diseases; routes of transmission and prevention of infection.
- **WRITTEN EXAMINATION:** Yes, with separate practical exam
- **PREREQUISITES:** Must be at least 16 years of age and able to understand and perform the first aid skills required to complete the learning tasks. Students under 19 years of age may obtain a restricted certificate and must work under the supervision of a designated attendant until 19 years of age.

# WORKPLACE TRAINING COURSES

## WorkSafeBC Occupational First Aid (OFA) Level 3

- **DURATION:** 70 hours
- **RECOMMENDED FOR:** This course is designed for remote worksites or employers with large workforces at more than 20 minutes away from medical aid.
- **CONTENT:** Human anatomy and physiology; priority action approach and secondary survey for conscious patients, patients with a decreased level of consciousness, and for patients in the first aid room; first aid and documentation for soft tissue injuries, eye injuries, burns, and ligament & tendon injuries; first aid for head, brain, and spinal injuries; pelvic and abdominal injuries; medical conditions including diabetic emergencies and asthma, poisoning, and substance abuse; managing oxygen therapy equipment and oral airways, patients with spinal considerations and preparing them for transport including the application of hard collars; identify and manage critical interventions of the airway including the use of suction equipment; respiratory emergencies; circulatory emergencies (shock, bleeding, heart conditions – CPR with AED); upper and lower limb fractures and dislocations; electrical injuries and environmental injuries; strokes and seizures; identify common communicable diseases, routes of transmission, and prevention of infection; preparing and managing rapid transport category (RTC) patients for transport (supine and lateral); identifying methods of transportation for injured workers and factors used to make transport decisions and multiple casualty management.
- **WRITTEN EXAMINATION:** Yes, with separate practical exam
- **PREREQUISITES:** Must be at least 16 years of age and able to understand and perform the first aid skills required to complete the learning tasks. Students under 19 years of age may obtain a restricted certificate and must work under the supervision of a designated attendant until 19 years of age.

## Marine Basic First Aid

- **DURATION:** 2 days
- **RECOMMENDED FOR:** This course is suitable for any person who is designated to provide first aid on board a vessel engaged on a near coastal voyage, Class 2 or sheltered waters voyage, or wants to obtain a Transport Canada rating certificate, endorsement, or a Master or Chief Mate Limited certificate.
- **CONTENT:** Marine Basic First Aid: (16 hours, excluding breaks)  
Upon successful completion, the student will be issued a TC Marine Basic First Aid certificate
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must be 16 years of age or older. Must be physically able to perform the required first aid and CPR skills.



## GET SET™ FOR WORK. MEET WORKSAFEBC REQUIREMENTS.

St. John Ambulance offers a wide variety of WorkSafeBC and federally accredited kits and training that can support all organization sizes in locations across BC & Yukon.

Download your **FREE WorkSafeBC Requirements Chart Today!**  
[www.GetSETforWORK.com](http://www.GetSETforWORK.com)



# WORKPLACE FIRST AID & CPR PRODUCTS



## Emergency Preparedness Personal Work Kit

A personal work kit equips you with everything you need to survive an emergency situation for 72 hours, from food and water to light sticks and a blanket. This kit also provides enough space for you to include personal necessities such as medicine, contact lenses, personal products, and comfortable shoes to evacuate in.

■ \$49.95



## Emergency Preparedness Deluxe Leader Kit (Work)

In the event of an emergency, simply grab this kit and lead your team to safety. With enough supplies and tools for 5 people to survive outdoors, you'll be glad to have one of these on hand. Our Deluxe Leader Kit contains all the essentials including a radio, tarp, first aid kit, flashlight, multifunctional tool, waterproof matches and more.

■ \$119.95



## WorkSafeBC Basic (Federal Level A Kit)

A fully-equipped occupational first aid kit to ensure you're SET™ for Safety at work. This kit is ideal for workplaces with low to moderate hazard level, 2-10 workers per shift, and 20 minute or less travel time to nearest hospital. Contents come neatly contained in a durable, padded bag with zippered compartments to keep supplies organized and easily accessible.

■ \$44.95



## WorkSafeBC Basic (Federal Level A) Refill Kit

Having a full first aid kit allows you to respond to everyday emergencies with confidence. The Basic Refill Kit equips you with the necessary items to restock without the hassle of replacing your entire first aid kit. The kit boasts antiseptic wipes, sterile gauze pads, pressure dressings, and much more.

■ \$24.95



## WorkSafeBC Level 1 (Federal Level B Kit)

A fully-equipped occupational first aid kit to ensure you're SET™ for Safety at work. This kit is great for small workplaces but contains more first aid supplies than our Basic/Level A Kit, including wooden splints. Contents come neatly contained in a durable padded bag with zippered compartments. WorkSafeBC-compliant with the addition of three blankets (available in cotton or wool-blend).

■ Soft Case \$79.95

■ Metal Case \$93.95

# WORKPLACE FIRST AID & CPR PRODUCTS



## WorkSafeBC Level 1 (Federal Level B) Refill Kit

Chances are that you've used your first aid kit since we last saw you. It is crucial that first aid supplies be replenished after use, in preparation for when you might need them again. The Level 1 Refill Kit equips you with the necessary items to restock without the hassle of replacing your entire first aid kit. The refill kit boasts antiseptic wipes, sterile gauze pads, an instant cold pack, and much more.

■ \$45.95



## WorkSafeBC Level 2 (Federal Level C Kit)

A fully-equipped occupational first aid kit to ensure you're SET™ for Safety at work. With over 500 pieces, the WorkSafeBC Level 2 kit is ideal for larger workplaces located in an urban centre. Contents come neatly contained in a durable, padded bag with zippered compartments. WorkSafeBC-compliant with the addition of three blankets (available in cotton or wool-blend), an oxygen unit (which includes airway set), and an adult bag valve mask. Items sold separately.

PLEASE NOTE: The following contents are NOT included in the Level 2 kit but are required by WorkSafeBC to meet Level 2 standards: 1 Airway Set (assorted sizes), 3 Blankets (Cotton or Wool), 1 Oxygen Therapy Unit (Special order only), 1 Bag Valve Mask.

■ Soft Case \$124.95

■ Metal Case \$139.95



## WorkSafeBC Level 2 (Federal Level C) Refill Kit

Chances are that you've used your first aid kit since we last saw you. It is crucial that first aid supplies be replenished after use, in preparation for when you might need them again. The Level 2 Refill Kit equips you with the necessary items to restock without the hassle of replacing your entire First Aid Kit. The kit boasts antiseptic wipes, sterile gauze pads, an instant cold pack, and much more.

■ \$70.95



## WorkSafeBC Level 2 Complete Kit

A fully-equipped occupational first aid kit to ensure you're SET™ for Safety at work. This complete package is WorkSafeBC-compliant, as it includes all the components of our Level 2 Kit plus three cotton blankets, an adult-sized bag valve mask, and oxygen unit (includes tank, regulator, adult mask, wrench, and airway set). Packaged in a durable, padded bag with zippered compartments to keep supplies organized and easily accessible.

PLEASE NOTE: A Transportation of Dangerous Goods premium applies to all items defined by Transport Canada as a Dangerous Good.

■ \$437 (w/cotton blanket)

■ \$521 (w/wool blanket)



## WorkSafeBC Level 3 Complete Kit

A fully-equipped occupational first aid kit to ensure you're SET™ for Safety at work. With over 500 pieces, the WorkSafeBC Level 3 Complete kit is WorkSafeBC-compliant, and ideal for larger workplaces located in more isolated areas. Contents come neatly contained in a durable, padded bag with zippered compartments to keep everything readily accessible and organized. Includes all the components of our WorkSafeBC Level 2 Kit plus a manual suction unit.

■ \$477 (w/cotton blanket)

■ \$561 (w/wool blanket)

# PROFESSIONAL COURSES & PRODUCTS





# PROFESSIONAL TRAINING COURSES

## Paramedic in Industry

- **DURATION:** 4 hours
- **RECOMMENDED FOR:** Designed to provide the paramedic with the skills to function as a first aid attendant in the BC workplace.
- **CONTENT:** The workshop consists of 8 practical skills. Short lectures will cover the essentials for understanding first aid subjects covered in each module.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must have a current License as an Emergency Medical Responder, Primary Care Paramedic, or Advanced Care Paramedic, issued by the BC Provincial Licensing board.

## Standard First Aid – Health Care Provider

- **DURATION:** 2 days (8½ hours per day)
- **RECOMMENDED FOR:** This course is suited for medical and nursing students, licensed practical nurses, and other medical professionals.
- **CONTENT:** Emergency roles and responsibilities; management of an unresponsive casualty; adult, child and infant AR, CPR, AED, and choking; universal precautions; use of a bag-valve-mask; medical conditions; management of a casualty with head/spinal injuries, chest/abdominal injuries, severe bleeding and amputations; burns, eye injuries, secondary survey, wound care, dental, bone and joint injuries, poisoning, environmental injuries, and rescue carries.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must be physically able to perform the required CPR and first aid skills.

## Emergency Medical Responders

- **DURATION:** 100 hours
- **RECOMMENDED FOR:** The program is intended for emergency response personnel such as paramedics, firefighters, law-enforcement officers, emergency medical services personnel, and industrial workplace responders. The course consists of 30 hours of guided online study and 70 hours of in-class practice.
- **CONTENT:** Anatomy and physiology, pharmaceuticals, personal protective equipment, spinal management, health care provider CPR, medical emergencies, agricultural and industrial emergencies, introduction to trauma, musculoskeletal injuries and water emergencies.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** Must be physically able to perform the required CPR and first aid skills.

# ONLINE SAFETY COURSES

## Confined Space Rescue Awareness

- **DURATION:** 2-3 hours
- **RECOMMENDED FOR:** Workers, supervisors, and employers that work in places with confined areas where the risk of little or no oxygen is high.
- **CONTENT:** The online course identifies the characteristics of a confined space, describes the associated workplace risks, as well as the prescribed methods for controlling those risks. The course also explains the documentation requirements pertaining to confined space work. This course meets the requirement for Awareness Level training.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Food Safety Basics

- **DURATION:** 13 modules
- **RECOMMENDED FOR:** Online certification course tailored for the needs of those working or seeking to work in the food and hospitality industries.
- **CONTENT:** Students will learn how to handle food in a professional capacity to ensure safety on the job and to prevent foodborne illness. All Canadian food service establishments are required to have at least one staff member with a FOODSAFE™ Level 1 certification or equivalent.
- **WRITTEN EXAMINATION:** Yes – Requires in-branch examination
- **PREREQUISITES:** None

## Food Safety Advanced

- **DURATION:** 14 modules
- **RECOMMENDED FOR:** Designed for supervisors, food and hospitality industry owners, operators, and other foodservice managers.
- **CONTENT:** The advanced course focuses on the role of foodservice and food retail leaders in measuring risks, setting policies, and training and supervising employees. Enhance your food and workplace safety knowledge and reduce the liability of your business by learning about hazards, storage, pest control, and facility and equipment management.
- **WRITTEN EXAMINATION:** Yes – Requires in-branch examination
- **PREREQUISITES:** None

## Workplace Hazardous Materials Information System (WHMIS)

- **DURATION:** 14 modules
- **RECOMMENDED FOR:** Anyone who works with or around hazardous products – from janitorial staff to those in manufacturing, as well as office staff.
- **CONTENT:** Content for the course includes the purpose of WHMIS education, basic changes to WHMIS and responsibilities, products exempt from WHMIS, WHMIS 2015 Pictograms in comparison to the 1988 WHMIS symbols, WHMIS 2015 health and physical hazards and the 1988 Classification System, the different types of labels, such as supplier labels and workplace labels, and how they compare with WHMIS 1988 and 2015, different types of data sheets such as the 2015 Safety Data Sheets and how they compare to 1988 Material Safety Data Sheets, and also next steps for furthering your WHMIS workplace training.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

# ONLINE SAFETY COURSES

## Transportation of Dangerous Goods

- **DURATION:** 8-9 hours
- **RECOMMENDED FOR:** Anyone who may handle or transport dangerous goods according to the Transportation of Dangerous Goods Act.
- **CONTENT:** Content for the course includes the importance of safety training when handling dangerous goods, how to be aware of the dangers when loading, unloading, and transporting dangerous goods, TDG regulations, exemptions, and special cases, how dangerous goods are classified, emergency response and reporting, required labelling for containers, necessary safety markers when transporting dangerous goods, documentation when handling dangerous goods and workplace training.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Bear Aware – Working in Bear Country

- **DURATION:** 2-3 hours
- **RECOMMENDED FOR:** Anyone working in the forestry or landscaping industry.
- **CONTENT:** This course covers general bear facts including knowledge about their habitat and behaviour. By focusing on how humans contribute to bear problems, the course stresses prevention and outlines best practices for increasing your chances of survival in the event of a bear encounter or attack. Learn how to differentiate between black bears and grizzlies, identify potential food sources for bears, understand the human role in creating bear problems, understand the concepts 'home range' and 'personal space', identify bears' body language and indicators of stress, know how to set up a camp area that will be as safe as possible, understand what bear deterrents are and when to use them, comprehend the DOs and DON'Ts for minimizing the risks of bear encounters and understand the differences between a bear's defensive and aggressive behavior.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## BC Bill 14 Employer Course

- **DURATION:** 2-3 hours
- **RECOMMENDED FOR:** Anyone working in British Columbia.
- **CONTENT:** Content for the course includes defining workplace bullying and harassment; providing examples of behaviours that do, and do not, constitute bullying and harassment; recognizing the adverse impact workplace bullying and harassment has on people and on the workplace itself; describing the duties of employers, supervisors and workers with respect to the new Workers Compensation Act legislation; and outlining the nine steps employers need to take in order to comply with the law.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Fire Safety Course

- **DURATION:** 1-2 hours
- **RECOMMENDED FOR:** Ideally, all workplace teams should understand the principles of fire safety and how to respond effectively in the event of a fire.
- **CONTENT:** Upon completion of the Fire Safety course, participants will be able to explain how the issue of fire safety is addressed by occupational health and safety (OHS) legislation in Canada, identify the responsibilities of employers and those of workers as they relate to fire safety, describe safe work practices that can reduce the risk of fire, know what to do in the event of a fire, recognize fire-related situations in which the use of a fire extinguisher is appropriate and situations in which it is best to evacuate, identify the types of extinguishers, and the classes of fire that can be put out using each type of extinguisher, know how to use a fire extinguisher, understand the maintenance and servicing requirements related to fire extinguishers.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None



## Gas Detection Course

- **DURATION:** 2-4 hours
- **RECOMMENDED FOR:** Anyone entering a job site that requires any type of gas detection equipment.
- **CONTENT:** Content for the course includes exploring the features and operations of the most common detector tube devices (bellows and piston) and gas monitors (continuous gas, combustible gas, fixed continuous). Participants will learn about explosive ranges, toxic atmospheres, oxygen levels, flammable substances and control, principles of flammable gas, and vapour detection.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Medical Terminology Course

- **DURATION:** 15 modules
- **RECOMMENDED FOR:** Anyone directly and indirectly involved in the medical environment professions.
- **CONTENT:** Upon completion of the course, participants will be able to discuss the rationale for learning medical terminology, define the word parts that make up a medical term, discuss the process when analyzing a medical term, recognize the importance of pronouncing medical terms correctly, recognize the importance of correct spelling when working with medical terms, identify the roles of prefixes, combining vowels, roots/stems and suffixes in building medical terms, understand the rationale for using a combining vowel, and discuss the correct method to use when pluralizing a medical term.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

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training at [go.sja.ca](http://go.sja.ca)

## Infection Control and Prevention Basics

- **DURATION:** 2 modules
- **RECOMMENDED FOR:** Anyone employed in health and community services, whether in a hospital, long-term or residential care facility, home care or any other community based setting.
- **CONTENT:** Upon completion of this course, participants will know how infections spread and what is meant by chain of infection, define source, means of transmission, and host, describe the five means of transmission, understand the importance of routine practices and additional precautions in controlling the spread of infection, understand the risks of contracting or transmitting health care associated infections, and know when additional precautions may be necessary to prevent the transmission of infectious agents.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

# Ready to get SET™ for Safety?

Buy a first aid or emergency kit at [www.shopsafetyproducts.ca](http://www.shopsafetyproducts.ca)  
or contact a Customer Care Representative to help you with  
your order at **1.866.321.2651**.

# ONLINE SAFETY COURSES

## Lockout/Tagout

- **DURATION:** Self-paced course
- **RECOMMENDED FOR:** Anybody whose work involves installation, maintenance, service, or repair work should be trained in the detailed control procedures required for their particular equipment.
- **CONTENT:** The goal of this course is to educate participants as to what a lockout device is and when Lockout/Tagout should be used in the workplace. The course examines basic workplace safety tenets and examines the specific stages and procedures of the Lockout/Tagout process. It includes interactive practice exercises that reinforce key concepts and offers an opportunity to gauge your understanding of the course content.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## H2S Awareness

- **DURATION:** Self-paced course
- **RECOMMENDED FOR:** Any worker who could be at risk of exposure to Hydrogen Sulphide (H2S). This includes but is not limited to the oil and gas, pulp and paper, construction, and mining industries.
- **CONTENT:** The course includes recognizing H2S as a highly toxic gas; describing the properties of H2S and workplace environments where H2S may be found; understanding the possible symptoms of exposure to both low and high concentrations; understanding that exposure to high concentrations can lead to unconsciousness and death within minutes, or even seconds; identifying potential long-term effects associated with H2S exposure; examples of engineering controls, administrative controls, and PPE that can be used to protect workers from H2S exposure; identifying various types of H2S monitoring devices and tools and knowing how to respond appropriate in a situation involving H2S exposure. This course is meant as an awareness course online and is not a substitute for H2S Alive.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

## Working Alone

- **DURATION:** Self-paced course
- **RECOMMENDED FOR:** Workers who perform duties while working alone or in isolation, and for supervisors, managers, and employers of such workers.
- **CONTENT:** Upon completion of the course, participants will be able to define 'working alone or in isolation', recognize that BC is one of only five provinces that have legislation which specifically addresses 'working alone or in isolation', identify the OHS responsibilities of BC employers when employees work alone or in isolation, identify the BC OHS requirements pertaining to 'working alone in late night retail premises', describe the elements of an effective check-in procedure, and describe practical safety measures that can be implemented to reduce risks.
- **WRITTEN EXAMINATION:** Yes
- **PREREQUISITES:** None

# AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs)



## ZOLL Plus Semi-Automatic AED

The ZOLL® AED Plus® is a cost-effective AED that enables you to rescue with clarity and confidence. When sudden cardiac arrest occurs, only 50% of victims need a shock, but all will require cardiopulmonary resuscitation (CPR). The AED Plus features a CPR hand-placement sensor and Real CPR Help®, a feedback tool that monitors CPR quality and provides real-time feedback for both depth and rate of chest compressions. Feedback is delivered by audio prompts, while a compression depth bar gauge helps the rescuer reach the optimal compression depth.

■ \$1,710



## Cardiac Science Powerheart® G5 Semi-Automatic AED

Whether you are an experienced rescuer or a first-time responder, this AED provides a powerful combination of features that help rescuers provide sudden cardiac arrest (SCA) victims with swift, effective, and life-saving therapy. This AED is the first Health Canada-cleared AED to feature bilingual (English and French) functionality and easy switching between languages. Backed by an 8-year warranty, the Powerheart® G5 has an Intellisense® non-rechargeable battery that includes a 4-year performance guarantee.

■ \$1,999



## Philips HeartStart OnSite Defibrillator Semi-Automatic AED

Designed for the ordinary person in the extraordinary moment, the semi-automatic HeartStart OnSite defibrillator with Life Guidance acts as your personal coach to guide you through a cardiac emergency with a simple, step-by-step process. SMART Analysis automatically assesses the person's heart rhythm and will only deliver a shock if needed — even if the Shock button is pressed — so you don't need to worry about shocking someone unnecessarily. Backed by an 8-year warranty, the battery has an in-unit shelf life of 4 years and a capacity of 200 shocks or 4 hours run time.

■ \$1,498



## Philips HeartStart FRx Defibrillator Semi-Automatic AED

The Philips HeartStart FRx is robust, ideal for those who need a frequent-use AED. Featuring intelligent sensors and Life Guidance, which acts as your personal coach, the FRx guides you through a cardiac emergency with a simple, step-by-step process. Preconnected SMART Pads II can be used for both adults and children, so you don't waste valuable seconds changing pads. Backed by an 8-year warranty, the battery has an in-unit shelf life of 4 years and a capacity of 200 shocks or 4 hours run time.

■ \$1,998



## ZOLL 3 Automatic & Semi-Automatic AED

The ZOLL AED 3 embodies all the great qualities of its predecessor while offering advanced features to provide unrivaled rescuer support. It has proven Real CPR Help® technology with enhanced features, including dynamic rescue images, full color display, and real-time feedback for depth and rate of chest compressions. Universal pad design treats both adult and pediatric victims of SCA by using the same set of electrode pads and activating child mode. At 8 seconds, the ZOLL AED 3 is among the fastest at delivering a shock after chest compressions stop (automatically after a three-second countdown). Equipped with the latest technology, the AED is easy to use, easy to maintain, and reliable. Reconfigure and upgrade software to the latest guidelines, and download event data files easily using the interactive touchscreen and USB port.

■ \$1,980



# AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs)



## Physio-Control Lifepak Express Semi-Automatic AED

The semi-automatic LIFEPAK Express from Physio-Control features some of the best elements of the CR Plus while being budget-friendly. The Express is a lightweight and compact defibrillator that features a 5-year warranty, a rechargeable lithium sulfuryl chloride battery, escalating defibrillation up to 360J, and a water resistance rating of IPX4. ClearVoice prompts provide step-by-step instructions to guide user through the rescue process. A quick check of the status indicator lets you know the device is ready to go.

■ \$1,310



## Physio-Control Lifepak CR Plus Automatic or Semi-Automatic AED

The LIFEPAK CR Plus combines an easy two-step operation, guidance, and the capability to escalate to 360J when needed. The CR Plus conducts weekly and extended monthly automatic self-tests, initialization tests each time it is powered on, and a series of concurrent tests throughout the time the device is in operation. The CHARGE-PAK™ battery charger keeps the robust internal battery at its optimum level during the life of the unit. The battery charger and electrodes have a synchronized replacement cycle that makes your AED maintenance program efficient and affordable. Features an 8-year warranty and a typical battery capacity of 30 full discharges or 210 minutes of "on time" with a fully charged device.

■ \$1,799



## Cardiac Science Powerheart G3 Plus Fully Automatic or Semi-Automatic AED

This fully or semi-automatic Powerheart® G3 Plus is ideal for lay rescuers to use in public areas such as schools, athletic fields, and workplace environments. Backed by a 7-year warranty, this AED is the flagship Cardiac Science AED that features an Intellisense® non-rechargeable battery and a 4-year performance guarantee. Rescue Ready® technology automatically self-checks main AED components; RescueCoach™ provides clear voice and text prompts to guide the user through the rescue operation; and STAR® biphasic technology works to make your rescue as simple as possible.

■ \$1,799 Fully or semi-automated



## Philips HeartStart FR3 AED

At a mere 3.5 lbs, the HeartStart FR3 by Philips comes with advanced features for the professional responder. It automatically powers on when you open its carrying case, and provides pre-connected peel-and-place SMART Pads giving it lightning-fast deployment time. Its Quick Shock technology significantly reduces the time between hands-off and shock delivery. Professional grade features, including on-demand CPR coaching and a high-resolution LCD display, make the HeartStart FR3 a lifesaving powerhouse.

■ \$2,885 for Text Display

■ \$3,420 for ECG Display



## Physio-Control Lifepak 1000 AED

The LIFEPAK 1000 is a semi-automatic defibrillator, powerful and adaptable enough for professional responders. It features CPRMAX technology, which gives you the flexibility to choose CPR settings that best accommodate your patient. Built for the harshest environments, the LIFEPAK 1000 is the toughest, most durable AED from Physio-Control and can escalate energy up to 360J. The device withstands rigorous drop-testing from any angle, is enclosed in a highly protective case with bumpers, and has received an IP55 rating. The LIFEPAK 1000 is fully compatible with all other LIFEPAK defibrillators and monitors and comes with a 5-year warranty.

■ \$2,400 for Graphic Display

■ \$3,100 for ECG Display

# FIRST AID FACILITIES

St. John Ambulance provides complete supply packages that include all the materials listed by WorkSafeBC for the following facilities:



Dressing Station  
Package **\$450**



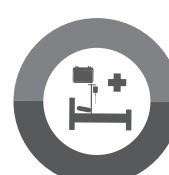
First Aid Room  
Package **\$650**



ETV Equipment  
Package **\$960**



First Aid Room  
Treatment Chair  
**\$450**



First Aid Room  
Bed **\$725**

Purchase your package at [www.shopsafetyproducts.ca](http://www.shopsafetyproducts.ca) or call **1.866.321.2651** for further details.

## OCCUPATIONAL FIRST AID – REGULATORY REQUIREMENTS

HAZARD LEVEL	SURFACE TRAVEL TIME TO A HOSPITAL	WORKERS PER SHIFT	REQUIRED ATTENDANT CERTIFICATION	REQUIRED ON-SITE FIRST AID SUPPLIES AND FIRST AID FACILITIES
Low	20 min or more.	1 - 5	None	Personal first aid kit (1 worker) or Basic first aid kit (2-5 workers)
		6 - 30	Level 1	Level 1 kit, (3 blankets)
		31 - 50	Level 1 with Transportation Endorsement	Level 1 kit, (3 blankets) ETV and ETV equipment
		51 - 76+	Level 3	Level 3 kit, Dressing station, ETV and ETV equipment
	20 min or less.	1	None	None
		2 - 10	None	Basic first aid kit
		11 - 50	Level 1	Level 1 kit, (3 blankets)
		51 - 100+	Level 2	Level 2 kit, Dressing station*
Moderate	20 min or more.	1	None	Personal first aid kit
		2 - 5	Level 1	Level 1 kit, (3 blankets)
		6 - 15	Level 1 with Transportation Endorsement	Level 1 kit, (3 blankets) ETV and ETV equipment
		16 - 100	Level 3	Level 3 kit, Dressing station, ETV and ETV equipment*
		101 - 300	Level 3	Level 3 kit, First aid room, Industrial ambulance, and ETV equipment
		301+	2 attendants, each with Level 3	Level 3 kit, First aid room, Industrial ambulance, and ETV equipment
	20 min or less.	1	None	Personal first aid kit
		2 - 5	None	Basic first aid kit
		6 - 25	Level 1	Level 1 kit, (3 blankets)
		26 - 75	Level 2	Level 2 kit, Dressing station*
		76+	Level 2	Level 2 kit, First aid room
		1	None	Personal first aid kit
High	20 min or more.	2 - 5	Level 1	Level 1 kit, (3 blankets)
		6 - 10	Level 1 with Transportation Endorsement	Level 1 kit, ETV and ETV equipment
		11 - 50	Level 3	Level 3 kit, Dressing station, ETV and ETV equipment
		51 - 200+	Level 3 (2 attendants for 201+ workers)	Level 3 kit, First aid room, Industrial ambulance, and ETV equipment
		1	None	Personal first aid kit
	20 min or less.	2 - 15	Level 1	Level 1 kit, (3 blankets)
		16 - 300	Level 2	Level 2 kit, Dressing station*
		301+	2 attendants, each with Level 2	Level 2 kit, First aid room

\*Dressing station updates to First Aid Room depends on number of workers per shift.

\*\*Dressing station, first aid room and ETV packages do not include first aid kits, treatment beds or chairs.  
Source: <http://www2.worksafebc.com/Publications/OHSRegulation/Part3.asp#Schedule3A>

†Product prices in this catalogue are subject to change without notice.



## Do you want to make an IMPACT?

Please consider supporting our volunteer community care programs with a donation online directly at [www.GetSETforIMPACT.com](http://www.GetSETforIMPACT.com).

Your donation is very much appreciated and enables our charity to truly impact the communities across British Columbia and the Yukon. Thank you for your support.

# sja.ca

### Provincial Head Office

#### BRITISH COLUMBIA AND YUKON COUNCIL

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P: 604-321-2652 E: [info@bc.sja.ca](mailto:info@bc.sja.ca)

#### CUSTOMER SALES & SUPPORT CENTRE

604.321.2651 (LOCAL)

1.866.321.2651 (TOLL-FREE)

## Community Branches

### Fraser Valley

#### ABBOTSFORD

5 - 2120 Paramount Crescent, V2T 6A5

P: 604-853-8700 E: [abbotsford@bc.sja.ca](mailto:abbotsford@bc.sja.ca)

#### CHILLIWACK

325 - 44500 South Sumas Road, V2R 5M3

P: 604-824-8240 E: [chilliwack@bc.sja.ca](mailto:chilliwack@bc.sja.ca)

#### TRI-CITIES

2338 Clarke Street, Port Moody, V3H 1Y8

P: 604-931-3426 E: [3cities@bc.sja.ca](mailto:3cities@bc.sja.ca)

#### SURREY/DELTA/LANGLEY

8911 152nd Street, Surrey, V3R 4E5

P: 604-953-1603 E: [sdl@bc.sja.ca](mailto:sdl@bc.sja.ca)

### Interior & Kootenays

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627 Victoria Street, V2C 5T4

P: 250-372-3853 E: [kamloops@bc.sja.ca](mailto:kamloops@bc.sja.ca)

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P: 250-762-2840 E: [kelowna@bc.sja.ca](mailto:kelowna@bc.sja.ca)

#### PENTICTON

120 - 316 Dawson Avenue, V2A 3N6

P: 250-492-3377 E: [penticton@bc.sja.ca](mailto:penticton@bc.sja.ca)

#### NORTH OKANAGAN/SHUSWAP

1905 47th Avenue, Vernon V1T 9A3

P: 250-545-4200 E: [vernon@bc.sja.ca](mailto:vernon@bc.sja.ca)

### Lower Mainland

#### BURNABY

2058 Alpha Avenue, V5C 5K7

P: 604-294-1980 E: [burnaby@bc.sja.ca](mailto:burnaby@bc.sja.ca)

#### NEW WESTMINSTER

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P: 604-521-1606 E: [newwest@bc.sja.ca](mailto:newwest@bc.sja.ca)

#### NORTH SHORE/SEA-TO-SKY

106 - 223 Mountain Hwy, V7J 3V3

P: 604-990-1290 E: [nshore@bc.sja.ca](mailto:nshore@bc.sja.ca)

#### RICHMOND

260 - 4011 Viking Way, V6V 2K9

P: 604-207-2032 F: 604-231-0406

E: [richmond@bc.sja.ca](mailto:richmond@bc.sja.ca)

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6111 Cambie Street, V5Z 3B2

P: 604-321-7242 E: [vancouver@bc.sja.ca](mailto:vancouver@bc.sja.ca)

### Northern BC

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P: 250-561-1696 E: [prince.george@bc.sja.ca](mailto:prince.george@bc.sja.ca)

#### PRINCE RUPERT

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P: 250-624-4672 E: [terrace@bc.sja.ca](mailto:terrace@bc.sja.ca)

#### TERRACE

4443 Keith Avenue, V8G 1J7

P: 250-635-5500 E: [terrace@bc.sja.ca](mailto:terrace@bc.sja.ca)

### Vancouver Island/Powell River/Sunshine Coast

#### CAMPBELL RIVER

170 Dogwood Street, V9W 2X8

P: 250-287-4627 E: [criver@bc.sja.ca](mailto:criver@bc.sja.ca)

#### COMOX VALLEY

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P: 250-897-1098 E: [cvalley@bc.sja.ca](mailto:cvalley@bc.sja.ca)

#### NANAIMO

2250 Labieux Road, V9T 6J9

P: 250-729-8889 E: [nanaimo@bc.sja.ca](mailto:nanaimo@bc.sja.ca)

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P: 604-483-2250 E: [priver@bc.sja.ca](mailto:priver@bc.sja.ca)

#### VICTORIA

205 - 3214 Douglas Street, V8Z 3K6

P: 250-388-5505 E: [victoria@bc.sja.ca](mailto:victoria@bc.sja.ca)

### Yukon

#### WHITEHORSE

Unit C - 128 Copper Road, Y1A 2Z6

P: 867-668-5001 E: [yukon@yt.sja.ca](mailto:yukon@yt.sja.ca)

### Partner Providers

#### COWICHAN VALLEY TRAINING

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P: 250-897-1098 E: [Cowichan@bc.sja.ca](mailto:Cowichan@bc.sja.ca)

#### ALPHA TRAINING

10066 Tundra Street, Fort St. John, V1J 4M6

P: 250-785-7233 E: [Ftstjohn@bc.sja.ca](mailto:Ftstjohn@bc.sja.ca)

