

Apollo First Aid and  
Safety Training



# Medical First Responder Course

Information Package

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# About Apollo First Aid and Safety Training

## Who Are We?

We started as a company of First Responders training First Responders. Upon realizing the need for high quality first aid and CPR training throughout the province we expanded into workplace and public first aid training as well.

We've been teaching first aid and emergency medical training courses in the Calgary area since 2017. All of our instructors, in addition to being instructors of first aid courses, have experience as Paramedics, Emergency Medical Responders, Firefighters, Nurses, or Athletic Therapists, and we always aim to pair courses with an instructor that will aid in providing the most valuable education possible.

Our training accreditations include:

- The Canadian Red Cross
- The Heart and Stroke Foundation of Canada
- International Trauma Life Support (ITLS)

## Why Choose Us?

We know that departments are not one size fits all, and that what works for one may not work for another. It is important to us that our program not only meets workplace requirements but also contains the specific knowledge and skills content best suited to give your staff the confidence to perform life-saving medical care effectively.

We have taken feedback from multiple Fire and EMS services to determine which knowledge components, skills, and certifications would be best utilized by fire agencies responding to calls within their response area and the answers were a resounding: all over the place.

This is why we have made our Medical First Responder Course customizable and changeable depending on what best serves the department.

One piece of feedback that was the same across the board, though, was that participants did not find it enough to learn the information, they wanted the opportunity to practice it to perfection and apply that practice to life-like situations – and this is what our instructors specialize in. By conducting training in your own facility—where your staff feels most comfortable and with the equipment they use every day—we can seamlessly integrate our instruction into your existing operations. This team-based approach ensures a higher, more effective level of training.

And lastly, because we know life is busy and your firefighters have varying schedules, we offer multiple delivery styles. Courses may be offered fully in-class or in a blended delivery format where portions may be taught online. We want to make learning as accessible as possible.

# The Medical First Responder Program

## How It Works

### *Advanced First Aid*

Our course revolves around an 80-hour Advanced First Aid (AFA) course as the base component to the program. This course was chosen because it meets qualifications for a number of organizations' required medical training, including:

- Alberta Health Services (AHS) Medical First Response Partner Agency Program
- NFPA 1006 – Rescue Technician Medical Training Requirements
- Calgary Fire Department and Edmonton Fire Department Medical Training Requirements
- SAIT and NAIT's MFR Pre-requisite to apply for their Primary Care Paramedic programs.

It also is best suited to offer the time necessary to learn the knowledge and hone the skills covered in this course. At 80 hours, it is comprehensive while allowing a lot of time for practice and application.

See Appendix A for more information.

### *Additional Course Options*

Options of additional courses to add include but are not limited to:

- Basic Life Support (BLS) – this may be incorporated into the AFA course at no extra cost or additional time.
- High Performance CPR
- Protocol Integration
- PCR Writing – **Online coming soon**
- History Taking – **Online coming soon**
- International Trauma Life Support (ITLS)
- Psychological First Aid
- Online Safety Courses

See Appendix A for more information.

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Note – Other courses may be available at the request of the department. If there is a specific course required/wanted, we will try our best to source an instructor for that course.

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## *Hours and Cost*

With this model, course hour requirements and course costs may vary.

The base course (AFA) requires 80 hours of teaching time, and the optional courses range from 1-48 hours, depending on the course. Some courses allow a partially online delivery model.

Refer to course details in appendix A for the hours and costs of each course\*

## Appendix A

**Advanced First Aid (AFA)**

**Intermediate (Standard) First Aid**

**Basic Life Support (BLS)/High-Performance CPR**

**Protocol Integration/PCR Writing**

**International Trauma Life Support (ITLS)**

**Psychological First Aid**

**Online Safety Courses**



\*Course costs are subject to change with increases of materials/certification costs. Check [www.apollofirstaid.ca](http://www.apollofirstaid.ca) for the most up-to-date price list.

## Advanced First Aid

**Course Description:** An advanced course that teaches recognition and management of injury and illness. Learners will gain the knowledge and skills needed to provide appropriate patient assessments, interventions, and ongoing care. The various options for transportation of an injured person to a healthcare facility or EMS are also covered.

Topics covered include: The professional responder, responding to the call, infection prevention and control, anatomy and physiology, assessment, airway management and respiratory emergencies, circulatory emergencies, shock, hemorrhage and soft tissue trauma, musculoskeletal injuries, chest/abdominal/pelvic injuries, head and spinal injuries, acute and chronic illnesses, poisoning, environmental illnesses, pregnancy/labour and delivery, special populations, crisis intervention, reaching/lifting/extricating patients, transportation, multiple-casualty incidents, pharmacology, marine environment, workplace.

**Provider:** Canadian Red Cross

<b>Hours:</b> 80	<b>Cost (10 days - AB):</b> Flat Rate \$9,750 + \$185 per participant. <b>(15 days - BC):</b> Flat Rate \$14,750 + \$185 per participant.
<b>Course Participant Minimum:</b> 6-8 (dependent on virtual components)	<b>Course Participant Maximum:</b> 12 *More than 12 participants can be accommodated with additional instructor fee.

**Virtual Option:** Yes. Up to 30 hours of this course may be delivered virtually, through scheduled video calls. All participants must be present live during these sessions.

**Pre-requisite:** None. (Standard First Aid recommended)

**Pre-course requirements:** None, but textbooks may be issued in advance to pre-read.

### Reference Materials and Costs:

- Emergency Care for Professional Responders (Textbook)
- Emergency Care for Professional Responders (Workbook)

Participants are required to have access to a copy every class day. Hard copy of textbook and workbook included in the course cost.

### Completion Criteria:

- 100% attendance to all components of course. (If a participant misses any component, arrangements must be made to make up missed time at an extra cost of teaching hours)
- Completion of a mid-term evaluation (no passing grade)
- Completion of a written final evaluation (75% passing grade)
- Successful performance of 2 scenario exams
- Successful demonstration of all required skills

### Certificate Issued:

- Advanced First Aid with BLS (BLS certificate valid 1 year, should be recertified yearly)

**Recertifications:** 40 hours, no virtual option. Must be completed before the expiration date of previous AFA certificate. Cost: \$4,875 + \$35 per participant (if participants don't have a book already, one must be purchased for \$135).

## Intermediate (Standard) First Aid

**Course Description:** A comprehensive first aid course that teaches how to provide care for life-threatening and basic emergencies.

Topics covered include: The Red Cross, responding to emergencies, check/call/care, choking, circulatory emergencies, CPR/AED, breathing emergencies, wound care, head and spinal injuries, bone/muscle/joint injuries, sudden medical emergencies, environmental emergencies, poisoning, and relevant workplace first aid bulletins.

**Provider:** Canadian Red Cross

<b>Hours:</b> 16	<b>Cost (per participant):</b> \$150
<b>Course Participant Minimum:</b> 6-8 (dependent on virtual components)	<b>Course Participant Maximum:</b> 18

**Virtual Option:** Yes. This can be split between 7-8 hours online and 8 hours in class. The online portion must be completed before the in-class portion.

**Pre-requisite:** None

**Pre-course requirements:** None.

**Reference Materials:**

- First Aid and CPR Participant Manual (Provided during course)

**Completion Criteria:**

- 100% attendance to all components of course
- 75% on a written knowledge evaluation
- Successful demonstration of all required skills

**Certificate Issued:**

- Standard First Aid with CPR-A or CPR-C (valid for 3 years) or BLS (valid for 1 year)

**Recertifications:** 8 hours, no virtual option. Must be completed before the expiration date of previous SFA certificate. Cost (per participant): \$95

\*If BLS is selected as the CPR level for this course, it must be recertified every year – this is approximately a 2.5 hour recertification course

## Basic Life Support (BLS)

<b>Course Description:</b> Basic Life Support (BLS) is the foundational course for healthcare professionals and trained first responders who provide care to patients in a wide variety of in-facility and prehospital settings.	
<b>Provider:</b> Heart and Stroke Foundation of Canada <b>or</b> Canadian Red Cross	
<b>Hours:</b> 4 hours	<b>Cost (per participant):</b> \$100
<b>Course Participant Minimum:</b> 3	<b>Course Participant Maximum:</b> 12
<b>Virtual Option:</b> No.	
<b>Pre-requisite:</b> None.	
<b>Pre-course requirements:</b> <ul style="list-style-type: none"><li>None.</li></ul>	
<b>Reference Materials:</b> <ul style="list-style-type: none"><li>Basic Life Support (BLS) Provider Manual</li></ul>	
<b>Completion Criteria:</b> <ul style="list-style-type: none"><li>100% attendance to all components of course</li><li>75% on a written knowledge evaluation</li><li>Successful demonstration of all required skills</li></ul>	
<b>Certificate Issued:</b> <ul style="list-style-type: none"><li>Basic Life Support (valid for 1 year).</li></ul>	
<b>Recertifications:</b> 2 hours. Requires recertification every year. Cost (per participant): \$65	

## High-Performance CPR

<b>Course Description:</b> Expands on the BLS training by increasing effectiveness and streamlining team dynamics to increase chest compression fraction (CCF).	
<b>Provider:</b>	
<b>Hours:</b> 4 hours.	<b>Cost (per participant):</b> Can be included with BLS
<b>Course Participant Minimum:</b> 3	<b>Course Participant Maximum:</b> None
<b>Virtual Option:</b> No.	
<b>Pre-requisite:</b> Basic Life Support (BLS).	
<b>Pre-course requirements:</b> <ul style="list-style-type: none"><li>None.</li></ul>	
<b>Reference Materials and Costs:</b> <ul style="list-style-type: none"><li>None.</li></ul>	
<b>Completion Criteria:</b> <ul style="list-style-type: none"><li>100% attendance to all components of course</li><li>Successful demonstration of all required skills</li></ul>	
<b>Certificate Issued:</b> <ul style="list-style-type: none"><li>None</li></ul>	
<b>Recertifications:</b> Yearly.	

## Protocol Integration

<b>Course Description:</b> Using a department's implemented protocols or Alberta Health Service's MFR protocols, this course will go over how to understand them and apply them.	
<b>Provider:</b> Apollo First Aid and Safety Training	
<b>Hours:</b> Variable Suggested 4 hours combined with PCR Writing.	<b>Cost (per Day):</b> \$575
<b>Course Participant Minimum:</b> None	<b>Course Participant Maximum:</b> None
<b>Virtual Option:</b> Yes, if holding the session without scenarios.	
<b>Pre-requisite:</b> Medical First Responder.	
<b>Pre-course requirements:</b> <ul style="list-style-type: none"><li>Will have completed other MFR course components prior.</li></ul>	
<b>Reference Materials and Costs:</b> <ul style="list-style-type: none"><li>Copy of protocols (provided by department if using specific protocols, provided by Apollo if using AHS protocols).</li></ul>	
<b>Completion Criteria:</b> <ul style="list-style-type: none"><li>100% attendance to all components of course</li></ul>	
<b>Certificate Issued:</b> <ul style="list-style-type: none"><li>None</li></ul>	
<b>Recertifications:</b> None.	

## PCR Writing and History Taking

<b>Course Description:</b> Teaches participants to write clear, concise, and complete patient care reports. Focuses on effectively communicating assessment findings, documenting treatments, and document safekeeping.	
<b>Provider:</b> Apollo First Aid and Safety Training	
<b>Hours:</b> Variable Suggested 4 hours combined with Protocol Integration.	<b>Cost (per Day):</b> \$575
<b>Course Participant Minimum:</b> None	<b>Course Participant Maximum:</b> None
<b>Virtual Option:</b> Yes.	
<b>Pre-requisite:</b> None.	
<b>Pre-course requirements:</b> <ul style="list-style-type: none"><li>None.</li></ul>	
<b>Reference Materials and Costs:</b> <ul style="list-style-type: none"><li>PCR Module</li></ul>	
<b>Completion Criteria:</b> <ul style="list-style-type: none"><li>100% attendance to all components of course</li></ul>	
<b>Certificate Issued:</b> <ul style="list-style-type: none"><li>None</li></ul>	
<b>Recertifications:</b> None.	

## International Trauma Life Support (ITLS)

**Course Description:** An advanced trauma specific course for health care providers that uses cased based learning scenarios to integrate assessment and skills.

Topics covered include: Scene size-up, trauma assessment and management, airway management, thoracic trauma, shock, head trauma, spinal trauma, abdominal trauma, extremity trauma, burns, pediatric trauma, geriatric trauma, trauma in pregnancy, the impaired patient, and trauma arrest.

**Provider:** International Trauma Life Support

<b>Hours:</b> 16	<b>Cost (per participant):</b> <ul style="list-style-type: none"><li>• \$400 for Basic</li><li>• \$450 for Advanced</li><li>• PLUS</li><li>• Textbook - \$127.50 (if ordering through Apollo)</li></ul>
<b>Course Participant Minimum:</b> 4	<b>Course Participant Maximum:</b> 12 (with 2 instructors)

**Virtual Option:** Yes. This can be split between 7-8 hours online and 8 hours in class. The online portion must be completed before the in-class portion.

**Pre-requisite:** Advanced First Aid or higher level medical training.

### Pre-course requirements:

- The textbook should be issued 30 days in advance, and pre-read.
- 50 question pre-course test.

### Reference Materials:

- International Trauma Life Support for Emergency Care Providers 9<sup>th</sup> Edition

\*Students may source their own copy of this book through ordering online or borrowing a copy but it must be the 9<sup>th</sup> edition, no exceptions.

### Completion Criteria:

- 100% attendance to all components of course
- Completion of a written final evaluation (74% passing grade)
- Successful performance of 2 scenario exams
- Successful demonstration of all required skills

### Certificate Issued:

- International Trauma Life Support (valid for 3 years)

**Recertifications:** 8 hours, no virtual option. Must be completed before the expiration date of previous ITLS certificate. Cost (per participant): \$250

**Note:** This course must be taken as part of the MFR program to meet qualifications to apply to SAIT or NAITs Primary Care Paramedic Program.

## Psychological First Aid

**Course Description:** An advanced trauma specific course for health care providers that uses cased based learning scenarios to integrate assessment and skills.

Topics covered include: Scene size-up, trauma assessment and management, airway management, thoracic trauma, shock, head trauma, spinal trauma, abdominal trauma, extremity trauma, burns, pediatric trauma, geriatric trauma, trauma in pregnancy, the impaired patient, and trauma arrest.

**Provider:** Canadian Red Cross

**Hours:** 8 with approx. 2 hours of online pre-work.

**Cost (per participant):**

- \$125

**Course Participant Minimum:** 8

**Course Participant Maximum:** 30

**Virtual Option:** The one-day course contains some online work but clients could choose to offer only the online portions (see next page for details).

**Pre-requisite:** None.

**Pre-course requirements:**

- 2 hours online pre-work.

**Reference Materials and Costs:**

- Psychological First Aid Workbook (provided)
- Look, listen, link, live cards (provided)

**Completion Criteria:**

- Complete online pre-work prior to course.
- 100% attendance to all components of course

**Certificate Issued:**

- Psychological First Aid Provider

**Recertifications:** None

## Online Medical Courses

Course	Cost
PCR Writing -Coming soon	\$25.00
History Taking – Coming soon	\$25.00
Medical Terminology	\$280.00

## Online Safety Courses

Course	Cost
Bear Aware: Travelling in Bear Country	\$19.95
Bear Aware: Working in Bear Country	\$19.95
Bloodborne Pathogens	\$34.95
Confined Space Awareness	\$24.95
Fire Safety	\$24.95
First Aid for Dogs and Cats	\$30.00
First Aid for Opioid Poisoning	\$30.00
H2S Awareness	\$24.95
Lock-Out/Tag-Out	\$24.95
Personal Protective Equipment (PPE) Awareness	\$24.95
Psychological First Aid – Caring for Others	\$20.00
Psychological First Aid – Self Care	\$20.00
Transportation of Dangerous Goods (TDG)	\$34.95
Transportation of Dangerous Goods – Energy Services	\$34.95
WHMIS 2015	\$37.95

## Appendix B

CPR Levels	
<b>A</b>	Adult Only – Available for standard first aid. 3-year recertification cycle.
<b>C</b>	Adult/Child/Infant – Available for Standard and Advanced First Aid. 3-year recertification cycle.
<b>BLS</b>	Previously known as HCP – Healthcare provider. Adult/Child/Infant/Neonate. Available for Standard and Advanced First Aid. 1 year recertification cycle (while the first aid is valid for 3 years, the BLS CPR portion needs to be recertified every year, time approx. 2.5 hours)



## Contact Information

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