

Medical First Responder Course

Information Package

Updated May 2026

Atlas RescueMed

Apollo First Aid and
Safety Training



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About Atlas RescueMed

Who Are We?

We started our sister company, Apollo First Aid and Safety Training, as a practical solution for the training needs of first responder agencies. With our travelling delivery model and flexible scheduling we made certificate courses easier to access for first responders. We've been teaching first aid and emergency medical training courses in the Calgary area since 2017 with training providers such as the Canadian Red Cross, the Heart and Stroke Foundation of Canada, and International Trauma Life Support (ITLS).

More recently, we were made aware by Alberta firefighters of the desire for training specific to the industry. While, generally, firefighters do not prefer attending to medical calls, most departments recognize that medical response is a part of the job. After talking to a number of departments, we discovered that firefighters feel generally ill-equipped and under-trained when it comes to dealing with medical emergencies. Atlas RescueMed was born of the desire to meet firefighters where they are at, while increasing competence and confidence on medical calls.

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.

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.

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 for the most up-to-date price list.

Advanced First Aid	
<p>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.</p> <p>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.</p>	
<p>Provider: Canadian Red Cross</p>	
<p>Hours: 80</p>	<p>Cost: \$1,100 per participant</p>
<p>Course Participant Minimum: 6</p>	<p>Course Participant Maximum: 12 *More than 12 participants can be accommodated with additional instructor fee.</p>
<p>Virtual Option: Yes. Up to 30 hours of this course may be delivered virtually, through scheduled video calls. All participants must be present <u>live</u> during these sessions.</p>	
<p>Pre-requisite: None. (Standard First Aid recommended)</p>	
<p>Pre-course requirements: None, but textbooks may be issued in advance to pre-read.</p>	
<p>Reference Materials and Costs:</p> <ul style="list-style-type: none"> • Emergency Care for Professional Responders (Textbook) • Emergency Care for Professional Responders (Workbook) <p>Participants are required to have access to a copy every class day. Hard copy of textbook and workbook included in the course cost.</p>	
<p>Completion Criteria:</p> <ul style="list-style-type: none"> • 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 	
<p>Certificate Issued:</p> <ul style="list-style-type: none"> • Advanced First Aid with BLS (BLS certificate valid 1 year, should be recertified yearly) 	
<p>Recertifications: 40 hours, no virtual option. Must be completed before the expiration date of previous AFA certificate. Cost: \$700 per participant (if participants don't have a book already, one must be purchased for \$135).</p>	

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

Hours: 16

Cost (per participant): \$170

Course Participant Minimum: 6-8 (dependent on virtual components)

Course Participant Maximum: 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:

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

Certificate Issued:

- Standard First Aid with 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): \$120

*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)

Course Description: 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.

Provider: Heart and Stroke Foundation of Canada or Canadian Red Cross

Hours: 4 hours

Cost (per participant): \$100

Course Participant Minimum: 3

Course Participant Maximum: 12

Virtual Option: No.

Pre-requisite: None.

Pre-course requirements:

- None.

Reference Materials:

- Basic Life Support (BLS) Provider Manual

Completion Criteria:

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

Certificate Issued:

- Basic Life Support (valid for 1 year).

Recertifications: 2 hours. Requires recertification every year. Cost (per participant): \$75

High-Performance CPR

Course Description: Expands on the BLS training by increasing effectiveness and streamlining team dynamics to increase chest compression fraction (CCF).

Provider: Atlas RescueMed

Hours: 4 hours.

Cost (per participant): Can be included with BLS

Course Participant Minimum: 3

Course Participant Maximum: None

Virtual Option: No.

Pre-requisite: Basic Life Support (BLS).

Pre-course requirements:

- None.

Reference Materials and Costs:

- None.

Completion Criteria:

- 100% attendance to all components of course
- Successful demonstration of all required skills

Certificate Issued:

- None

Recertifications: Yearly.

Protocol Integration

Course Description: 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.

Provider: Atlas Rescue Med

Hours: Variable

Suggested 4 hours combined with PCR Writing.

Cost: \$100 per participant

Course Participant Minimum: None

Course Participant Maximum: None

Virtual Option: Yes, if holding the session without scenarios.

Pre-requisite: Minimum standard first aid.

Pre-course requirements:

- Will have completed other MFR course components prior.

Reference Materials and Costs:

- Copy of protocols (provided by department if using specific protocols, provided by Atlas if using AHS protocols).

Completion Criteria:

- 100% attendance to all components of course

Certificate Issued:

- None

Recertifications: None.

Mastering the Narrative (History Taking and Documentation) – Coming Soon!

Course Description: Teaches participants to write clear, concise, and complete patient care reports as well as effective verbal handoffs. Focuses on effectively communicating assessment findings, documenting treatments, and document safekeeping.

Provider: Atlas RescueMed

Hours: Approx 2-4

Cost: \$40

Course Participant Minimum: None

Course Participant Maximum: None

Virtual Option: Yes – online course.

Pre-requisite: None.

Pre-course requirements:

- None.

Reference Materials and Costs:

- Online Course

Completion Criteria:

- 100% attendance to all components of course

Certificate Issued:

- None

Recertifications: 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 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

Hours: 16

Cost (per participant):

- \$400 for Basic
- OR
- \$450 for Advanced
- PLUS
- Textbook - \$150 (if ordering through Atlas)

Course Participant Minimum: 4

Course Participant Maximum: 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 1st Edition (new 2026)

*Students may source their own copy of this book through ordering online or borrowing a copy but it must be the current 1st edition, no exceptions.

Completion Criteria:

- 100% attendance to all components of course
- Completion of a written final evaluation (74% passing grade)
- Successful performance of a scenario exam
- 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: Learn how to help people anticipate stress, recognize distress, and respond early, supporting confidence, connection, and coping during difficult moments. The Canadian Red Cross Psychological First Aid program teaches practical skills you can use at home, at work, and in your community.

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
Master the Narrative (History Taking and Documentation) - Coming soon	\$40
Medical Terminology (Red Cross)	\$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	
A	Adult Only – Available for standard first aid. 3-year recertification cycle.
C	Adult/Child/Infant – Available for Standard and Advanced First Aid. 3-year recertification cycle.
BLS	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)

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