

# FIRST AID: WHAT'S NEW

## FOR LIFESAVING SOCIETY INSTRUCTORS, LIFEGUARDS AND AFFILIATES

### THE LATEST CHANGES

Every five years, the International Liaison Committee on Resuscitation reviews the latest science on first aid and resuscitation and updates treatment recommendations as necessary. The latest changes were released in October 2015. The Lifesaving Society and its fellow national training agencies reviewed the recommendations and agreed upon a consistent interpretation and consensus in the guidelines for Canada.

There are no major changes and nothing that affects the Society's test items or "Must Sees." There are a variety of "tweaks" and some new information, but importantly, *there are no changes to the resuscitation standards for drowning victims*. Your existing training remains effective in saving lives.

### UPDATING THE LITERATURE

Updates to the first aid and resuscitation content of the Society literature are being introduced as each publication comes up for reprint. The updated publications should all be available by year end. The [Summary of Changes in Lifesaving Society Literature](#) provides a synopsis of the changes and where they will be found in the affected publications.

### UPDATING STAFF

There is no mandatory Lifesaving Society update clinic. The revised protocols can be integrated easily into routine staff training.

### IMPLEMENTING THE REVISED GUIDELINES

You may transition to the updated protocols when ready. The suggested changes are relatively minor and easily integrated by instructors and aquatic staff in their teaching and water rescue protocols.

*The revised content should be included in Emergency and Workplace Standard First Aid by December 31, 2016.*

## Contact Us

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The Lifesaving Society literature affected by the changes are:

- Canadian CPR-HCP Manual
- Canadian First Aid Manual
- Canadian Lifesaving Manual
- Alert: Lifeguarding in action
- Bronze Medals Award Guide
- National Lifeguard Award Guide
- First Aid Award Guide

You can identify the updated printing at a glance: the front covers read: "With the 2015 CPR guidelines."



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*The Lifeguarding Experts*