

Basic Workplace First Aid (previously Emergency First Aid) The following topics are being added to the existing course content.

- **Awareness** items are items that the first aid instructor will provide content on, but candidates will not be tested on.
- **Knowledge** refers to items that candidates will demonstrate knowledge of either through classroom activities or through testing.
- **Skills** need to be demonstrated by the candidates and evaluated by the First Aid Instructor.

Additions

- Item 2
 - Knowledge of Occupational Health and Safety regulations and the role of first aiders in the workplace.
 - Knowledge of documentation is added to the section on legal requirements for first aid.
 - Awareness of Requirements for workplace first aid kits.
- Item 3
 - Awareness of the need to clean the work environment and equipment after administering first aid including the proper disposal of sharps and contaminated supplies.
- Item 4
 - Awareness of the structures and functions of the nervous system.
- Item 5:
 - Awareness of Material Safety Data Sheets (MSDS) and Safety Data Sheets (SDS) as a source of information in determining the mechanism of injury during the primary assessment.
 - Candidates will display awareness of options for transportation when needed and knowledge of what injuries require transportation.
- Item 6:
 - Awareness of how to inspect an AED and what policies a workplace may have around the use of an AED.
- Item 10:
 - Awareness of the definition and the signs/symptoms of anaphylaxis and knowledge of management of anaphylaxis including the use of medication where available.
- Item 11c:
 - Awareness of contusions and amputations.
- (SFA) Item 2:
 - Candidates will demonstrate knowledge of precautions and signs/symptoms of spinal injuries.
 - Candidates will have awareness of the management of a spinal injury.
 - Candidates will demonstrate the skills for approaching and assessing a victim with a spinal injury.
- (SFA) Item 3:
 - Candidates are expected to be aware of environmental emergencies
 - This includes awareness of heat cramps, heat exhaustion, heat stroke, hypothermia, and frostbite.
- (SFA) Item 4:

- Candidates are expected to be aware of dislocations, sprains, strains, and open or closed fractures.
- (SFA) Item 6:
 - Candidates are expected to be aware of head injuries.
 - This includes general head injuries, traumatic brain injuries, and concussions.
- (SFA) Item 7:
 - Candidates are aware of seizures, including the definition, signs and symptoms, and management of the victim.
- (SAF) Item 8:
 - Candidates are aware of diabetic emergencies, including the definition, and signs and symptoms.
- (SFA) Item 10:
 - Candidates are expected to be aware of critical incident stress, where and how to access these services.

Intermediate Workplace First Aid (previously, Standard First Aid) The following topics are being added to the existing course content.

- **Awareness** items are items that the first aid instructor will provide content on, but candidates will not be tested on.
- **Knowledge** refers to items that candidates will demonstrate knowledge of either through classroom activities or through testing.
- **Skills** need to be demonstrated by the candidates and evaluated by the First Aid Instructor.

Additions

- (EFA) Item 2:
 - Knowledge of Occupational Health and Safety regulations and the role of first aiders in the workplace.
 - Knowledge of documentation is added to the section on legal requirements for first aid.
 - Awareness of Requirements for workplace first aid kits.
- (EFA) Item 3:
 - Awareness of the need to clean the work environment and equipment after administering first aid including the proper disposal of sharps and contaminated supplies.
- (EFA) Item 4:
 - Awareness of the structures and functions of the nervous system.
- (EFA) Item 5:
 - Awareness of Material Safety Data Sheets (MSDS) and Safety Data Sheets (SDS) as a source of information in determining the mechanism of injury during the primary assessment.
 - Candidates will display awareness of options for transportation when needed and knowledge of what injuries require transportation.
- (EFA) Item 6:
 - Awareness of how to inspect an AED and what policies a workplace may have around the use of an AED.
- (EFA) Item 10:
 - Awareness of the definition and the signs/symptoms of anaphylaxis and knowledge of management of anaphylaxis including the use of medication where available.
- (EFA) Item 11c:
 - Included in this item is awareness of contusions and amputations.
- Item 3:
 - Candidates are expected to be aware of Sunburned Eyes (snow blindness) and Non-Freezing Cold Injuries (such as trench foot).
- Item 10:
 - Candidates are expected to be aware of critical incident stress, where and how to access these services.

Workplace information

[WorkSafeNB | First aid](#)¹

ohsguide.worksafenb.ca/topic/firstaid.html#legislation²

- First Aid kit type, content, size and amount
 - ohsguide.worksafenb.ca/topic/firstaid.html#resources³
- Responsibility of the employer
 - ohsguide.worksafenb.ca/topic/firstaid.html⁴
- First aider in the workplace
- Bill 25 Volunteer - Emergency Aid Act
 - [Bill-25.pdf \(legnb.ca\)](#)⁵

Safety Data Sheets (SDS) and Material Safety Data Sheets (MSDS)

[CCOHS: WHMIS - Safety Data Sheet \(SDS\)](#)⁶

[CCOHS: WHMIS 1988 - Material Safety Data Sheets \(MSDSs\): General](#)⁷

Chronic Obstructed Pulmonary Disease (COPD)

[Chronic obstructive pulmonary disease | Canadian Lung Association](#)⁸

[COPD - Symptoms and causes - Mayo Clinic](#)⁹

Non-Freezing Cold Injuries (Trench foot awareness)

[Trench foot \(alberta.ca\)](#)¹⁰

[Trench Foot or Immersion Foot | Natural Disasters and Severe Weather \(cdc.gov\)](#)¹¹

Occupational Health and Safety Act: [2004-130 .pdf \(gnb.ca\)](#)¹²

Occupational Health and Safety Act: [2023-45.pdf \(gnb.ca\)](#)¹³

¹ <https://www.worksafenb.ca/safety-topics/first-aid/>

² <https://ohsguide.worksafenb.ca/topic/firstaid.html#legislation>

³ <https://ohsguide.worksafenb.ca/topic/firstaid.html#resources>

⁴ <https://ohsguide.worksafenb.ca/topic/firstaid.html>

⁵ https://legnb.ca/content/house_business/58/2/bills/Bill-25.pdf

⁶ https://www.ccohs.ca/oshanswers/chemicals/whmis_ghs/sds.html

⁷ <https://www.ccohs.ca/oshanswers/legisl/msdss.html>

⁸ <https://www.lung.ca/copd>

⁹ [https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679#:~:text=Chronic%20obstructive%20pulmonary%20disease%20\(COPD,\(sputum\)%20production%20and%20wheezing.](https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679#:~:text=Chronic%20obstructive%20pulmonary%20disease%20(COPD,(sputum)%20production%20and%20wheezing.)

¹⁰ <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=stt11414&>

¹¹ <https://www.cdc.gov/disasters/trenchfoot.html>

¹² <https://laws.gnb.ca/en/pdf/cr/2004-130%20.pdf>

¹³ <https://www2.gnb.ca/content/dam/gnb/Departments/ag-pg/PDF/RegulationsReglements/2023/2023-45.pdf>