



# Join the Metchosin Emergency Program for our NEW series of **FREE FIRST AID SESSIONS** – focusing on Disaster Resiliency in Metchosin

*Please Note: This First Aid Series is IN ADDITION to our Regular Emergency Preparedness Information Sessions*

## 2019 CALENDAR OF TOPICS

# MEDICAL MONDAYS

JANUARY 28 2019

### CPR / AED

Learn the basics of respiratory and cardiac arrest, understand the signs and symptoms and receive hands on training in CPR and AED.

FEBRUARY 25 2019

### SEIZURES

Causes and care for seizure events both known and unknown.

MARCH 25 2019

### BREAKS/SPRAINS/STRAINS

A common occurrence during a disaster – You can practice how to stabilize, splint and care for various incidents.

APRIL 29 2019

### ALL ABOUT KIDS

Baby & Child CPR and First Aid, review differences in physiology and care. Bring your questions – as well as experience!

MAY 27 2019

### TRAUMA

We will review treatment of those 'icky' incidents – trauma: car crashes, falls, impact injuries and how to effectively stabilize & prioritize.

JUNE 24 2019

### SPINAL INJURIES

Head, neck and spinal injuries can be very dangerous but appear very minor. We will review signs & symptoms as well as treatment guidelines.

JULY 29 2019

### BREATHING EMERGENCIES

Bronchitis, COPD, Shortness of Breath, Asthma – all common causes of breathing emergencies. How to treat and when to call 9-1-1.

AUGUST 26 2019

### DEADLY BLEEDS

What's considered deadly, serious or minor – how do we treat and when is it severe enough to be considered life threatening?

SEPTEMBER 30 2019

### BURNS

Chemical, electrical & thermal – all need to be cared for in unique ways. Learn some strategies to reduce pain and chance of infection.

OCTOBER 28 2019

### WOUND CARE

A common day-to-day injury, ranging from simple scrapes and road rash, to impalement and large gashes from falling debris.

NOVEMBER 25 2019

### OPEN SESSION

Come ask your questions about any topic – we'll find answers and work on treatment techniques.

*If you have any questions about these  
FREE First Aid sessions, please  
contact us:*



250-478-1307



FIRECHIEF@METCHOSINFIRE.CA



METCHOSIN FIRE DEPARTMENT  
METCHOSIN EMERGENCY PROGRAM



METCHOSINEMERGENCYPROGRAM.CA  
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**JOIN US THE LAST MONDAY OF EACH MONTH  
FOR TWO HOURS OF FIRST AID TRAINING.  
NO CERTIFICATES WILL BE ISSUED,  
BUT WILL BE TRAINED TO THE  
RED CROSS STANDARD FIRST AID LEVEL**

**FREE FIRST AID ITEMS WILL BE  
HANDED OUT AT EACH  
TRAINING SESSION TO HELP  
BUILD YOUR HOME TRAUMA  
FIRST AID KIT**

**All First Aid Sessions run between 7 – 9 pm and  
will be held at the Metchosin Fire Department  
4440 Happy Valley Road, Victoria, BC V9C 3Z3**