



St. John Ambulance

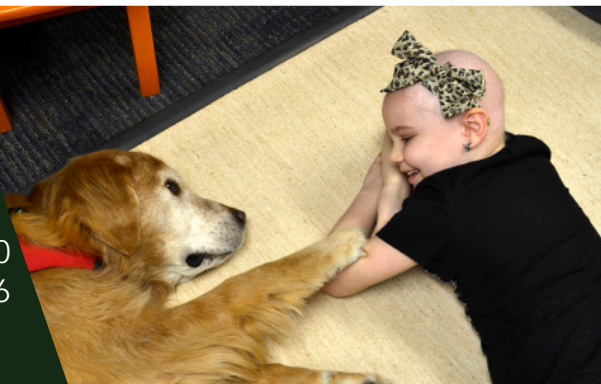
SAVING LIVES
at work, home and play

2018 Manitoba Course Calendar



sja.ca

Winnipeg 204-784-7000
Brandon 204-727-4466



Our Mission

“To enable Canadians to improve their health, safety and quality of life by providing training and community service.”

SAVING LIVES at work, home and play

First Aid and CPR saves lives. As Canada's standard for excellence in first aid and CPR, St. John Ambulance plays an integral role in our society. Building on a 900 year tradition, St. John Ambulance offers innovative programs and products, ensuring Canadians receive the best quality training and expertise.

Winnipeg:

1 St. John Ambulance Way
Winnipeg, MB R3G 3H5
Telephone: 204-784-7000
Email: info@mb.sja.ca

Brandon:

2nd Floor Business Center - Shoppers Mall
1570-18th Street
Brandon, MB R7A 5C5
Telephone: 204-727-4466
E-Mail: info.brandon@mb.sja.ca

Website: www.sja.ca



Like us on
Facebook

Saving lives at...



work,

home,



and play.

Why First Aid Training?

- First Aid training can save lives, reduce the severity of injuries and promote a speedy recovery.
- Studies show that companies experience 30% fewer accidents when the majority of employees have First Aid training.
- The first few minutes of an emergency are critical - having training gives you the confidence and skills to act - whether the life you save is a stranger, co-worker, or family.

Why St. John Ambulance Training?

- Incorporates the most up-to-date first aid training standards
- 3 year nationally recognized certification
- **Recognized by WPSH as a first aid training supplier in Manitoba**
- The highest quality first aid and CPR training
- An Instructor Certification Program that guarantees high standards and uniformity of teaching
- Single point of contact for Province-wide booking

Registration

Registration for training anywhere in Manitoba is as easy as reaching us in our Winnipeg office at 204-784-7000 or info@mb.sja.ca and at our Brandon office at 204-727-4466 or info.brandon@mb.sja.ca.

You can also register online at www.sja.ca

Pre-registration is recommended for all classes and required for some classes. We advise you to register early to avoid disappointment. Classes are non-cancellable/non-refundable once booked.

Registrants may transfer dates prior to the original class start date. Registrants who reschedule must provide at least 1 business days' notice and a transfer fee applies.

Payment

Payment is due at time of registration. Accepted methods of payment are cash, debit, and credit. Organizations may be invoiced, based upon approved credit.

Course fees include materials, instruction and certification. Prices listed are as of January 1, 2018 and may be subject to change.



Student Information

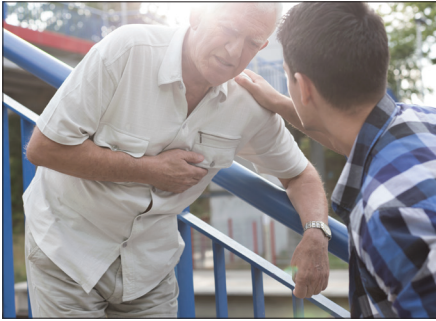
Students are asked to arrive 15 minutes prior to the class start time. Casual clothing is recommended as students participate in practical exercises.

Scheduled Classes

In addition to our regularly scheduled classes, other classes may be added throughout the year. Call us or visit our website www.sja.ca for further information.

Private Classes

St. John Ambulance can arrange private classes for employees and other groups. A minimum enrollment applies. Please call for details.



ONLINE TRAINING

Now offering various online safety courses.

Go to mb.sjatraining.ca. Courses include:

- WHMIS
- Transportation of Dangerous Goods
- Medical Terminology
- The Respectful Workplace
- Fire Safety
- Lockout/Tagout
- Personal Protective Equipment (PPE) Awareness
- Working Safely Alone

BLENDED CPR & FIRST AID TRAINING

A combination of ONLINE knowledge based training and IN-CLASS practical skills development!

Emergency and Standard First Aid programs are offered in the blended format and include CPR (Level A or C) and AED. As with all our courses designed for workplaces, these new blended programs meet Manitoba Workplace Safety & Health and Canada Labour Code requirements.

ONLINE TRAINING

The computer based training is structured in a self-paced modular format that allows students to have their own access code so they can enter and exit the course at their convenience. The program provides the option to have audio or text instruction, and provides videos and quizzes to help reinforce learned concepts. It is recommended that students attend the in-class training within 14 days of completion of the online training.

IN-CLASS TRAINING

The in-class portion of the course is delivered by an Instructor and focusses on practical skills. With the theory portion of the course previously completed on-line, the in-class portion of the course is approximately half the time of the traditional course format.

CERTIFICATION

Upon successful completion of the in-class training students will receive
First Aid & CPR certification for 3 years.

Please contact our client services representatives to set up training, or for further information:

Phone: 204-784-7000
Email: info@mb.sja.ca
www.sja.ca

First Aid Products for Work, Home and Play

St. John Ambulance First Aid Kits add a feeling of security for travel, home, recreational activities and the workplace. The following is a list of some of the First Aid kits available.



WORKPLACE FIRST AID KITS

Personal First Aid Kit	\$10.95
Industrial Kit (Hardshell Plastic Case or Nylon bag)	\$50.00
Industrial Kit (refill kit)	\$34.95

Both kits meet the guidelines of WorkSafe MB.

SPORTS KIT \$44.95

At home or at the cottage, this kit contains the essential materials to deal with large, medium and small-sized wounds, as well as burns.

PET FIRST AID KIT \$30.00

Ideal for anyone with a pet, this kit contains bandages, a thermometer, emergency water packs and more.

CPR MASKS

CPR Mask and Keychain	\$9.75
CPR Mask and Keychain with Gloves	\$11.45
Reusable CPR Mask with in hardshell case	\$19.95

EMERGENCY FIRST AID WITH CPR LEVEL "C" & AED \$89

The primary focus is CPR Level C (adult/infant/child), AED (defibrillator), and emergency situations (ie. choking, bleeding, asthma, allergies). This course is aimed at individuals working within 30 minutes of a medical facility in low hazard work environments. This course is suitable for anyone who provides care for infants, children and/or adults, federal government employees, home care providers, coaches, spectators at any amateur sporting event, educational support staff, teachers, office or retail workers and parents. This course certifies you as a First Aider 1 in Manitoba.

Emergency First Aid with CPR Level C and AED

Winnipeg runs this class 7 days a week; Monday to Sunday from 8:30 to 4:30.

Emergency First Aid with CPR Level C and AED Brandon:

January 2, 6, 8, 16, 20, 22, 30

February 3, 5, 13, 17, 19, 27

March 3, 5, 13, 17, 19, 27

April 2, 10, 14, 16, 24, 28, 30

May 8, 12, 14, 22, 26, 28

June 5, 9, 11, 19, 23, 25

July 3, 7, 9, 17, 21, 23, 31

August 4, 6, 14, 18, 20, 28

September 1, 3, 11, 15, 17, 25

October 1, 9, 13, 15, 23, 27, 29

November 6, 10, 12, 20, 24, 26

December 4, 8, 10, 18, 22, 24

Babysitting Basics \$45

9:00am - 4:00pm

This course teaches the skills necessary to care for infants, toddlers and preschoolers. Topics include safety, first aid, dealing with emergencies, feeding, changing diapers and other baby care techniques. The legal babysitting age is 12 years old.

Brandon

January 20	February 14
March 8	April 25
May 30	June 21
July 21	August 25
September 22	October 20
November 24	December 8

Winnipeg

January 5	February 2
March 16	April 20
May 13	June 23
July 16	August 20
September 22	October 27
November 10	

Pet First Aid \$55

This course is designed to give pet lovers the skills required to provide first aid to an injured pet. Pet First Aid provides you with the necessary skills to respond safely and effectively in an emergency situation. The program covers a wide variety of topics including: Injury Prevention, Choking, CPR, Bleeding, Fractures, and much more!

Winnipeg

February 17	April 21
June 16	August 18
October 20	

Standard First Aid II with CPR "C" and AED \$135

This class has more thorough coverage of First Aid situations (ie. exposure, broken bones, splints). This course is aimed at those working more than 30 minutes from a medical facility or in higher hazard workplaces. This course is suited for industrial environments, law enforcement, fire fighters, first responders, life guards, construction, some health care workers. This course certifies you as a First Aider 2 in Manitoba.

Standard First Aid with CPR Level C & AED in Brandon

January 3/4, 11/12, 13/14, 17/18, 25/26, 27/28, 31/Feb. 1

February 8/9, 10/11, 14/15, 22/23, 24/25, 28/Mar. 1

March 8/9, 10/11, 14/15, 22/23, 24/25, 28/29

April 5/6, 7/8, 11/12, 19/20, 21/22, 25/26

May 3/4, 5/6, 9/10, 17/18, 19/20, 23/24, 31/Jun. 1

June 2/3, 6/7, 14/15, 16/17, 20/21, 28/29

July 4/5, 12/13, 14/15, 18/19, 26/27, 28/29

August 1/2, 9/10, 11/12, 15/16, 23/24, 25/26, 29/30

September 9/10, 11/12, 15/16, 23/24, 25/26, 29/30

Oct 4/5, 6/7, 10/11, 18/19, 20/21, 24/25

November 1/2, 3/4, 7/8, 15/16, 21/22, 29/30

December 1/2, 5/6, 13/14, 15/16, 19/20, 27/28

Standard First Aid with CPR Level C & AED in Winnipeg

January 2/3, 4/5, 6/7, 8/9, 10/11, 13/14, 16/17, 18/19,
20/21, 22/23, 24/25, 27/28 30/31

February 1/2, 3/4, 5/6, 7/8, 10/11, 13/14, 15/16, 17/18,
20/21, 22/23, 24/25, 26/27, 28/Mar. 1

March 3/4, 6/7, 8/9, 10/11, 12/13, 14/15, 17/18, 20/21,
22/23, 24/25, 26/27, 28/29, 31/Apr. 1

April 3/4, 5/6, 7/8, 9/10, 11/12, 14/15, 17/18, 19/20, 21/22,
23/24, 25/26, 28/29

May 1/2, 3/4, 5/6, 7/8, 9/10, 12/13, 15/16, 17/18, 19/20,
22/23, 24/25, 26/27, 28/29, 30/31

June 2/3, 5/6, 7/8, 9/10, 11/12, 13/14, 16/17, 19/20, 21/22,
23/24, 25/26, 27/28, 30/Jul. 1

July 3/4, 5/6, 7/8, 9/10, 11/12, 14/15, 17/18, 19/20, 21/22,
23/24, 25/26, 28/29, 31/Aug. 1

August 2/3, 4/5, 7/8, 9/10, 11/12, 13/14, 15/16, 18/19,
21/22, 23/24, 25/26, 27/28, 29/30

September 1/2, 4/5, 6/7, 8/9, 10/11, 12/13, 15/16, 18/19,
20/21, 22/23, 24/25, 26/27, 29/30

October 2/3, 4/5, 6/7, 9/10, 11/12, 13/14, 15/16, 17/18,
20/21, 23/24, 25/26, 27/28, 29/30, 31/Nov. 1

November 3/4, 6/7, 8/9, 12/13, 14/15, 17/18, 20/21, 22/23,
24/25, 26/27, 28/29

December 1/2, 4/5, 6/7, 8/9, 10/11, 12/13, 15/16, 18/19,
20/21, 22/23, 29/30

Medical First Responder \$750

5 Days

An advanced first aid course that is tailored to meet the needs of police, fire and high risk industries. It features comprehensive training in the most common medical illnesses and injuries. Some of the topics include oxygen therapy, transporting a casualty and emergency childbirth. Requires one full week or two weekends.

Requires one full week or two weekends.

Time - Weekdays: 8:00 am to 5:00 pm
Weekends: Friday - 6:00 pm to 10:00 pm
Saturday and Sunday - 8:00 am to 5:00 pm

Brandon Classes

February 9/10/11/16/17/18

August 17/18/19/24/25/26

Winnipeg Classes

February 19/20/21/22/23

April 27/28/29/May 4/5/6

September 7/8/9/14/15/16

Instructor Development Program \$695

When asked, our clients consistently tell us they are “very satisfied” with the quality of instruction they receive. We attribute this, in part, to our Instructor Development Program. To help maintain our high national standards for our instructors, our instructors complete an instructional techniques course and are monitored in the classroom before being qualified to instruct unassisted. To stay qualified, instructors must teach regularly and be successfully monitored on an ongoing basis.

Are you interested in keeping your first aid skills at a high level? Do you enjoy sharing your knowledge? We are always looking for competent, dedicated people who would like to earn extra income while helping to educate the public. For more information on becoming a certified St. John Ambulance First Aid and CPR Instructor, contact the St. John Ambulance office.

Requires one full week or two weekends.

Time - Weekdays (Monday to Friday): 8:00 am to 5:00 pm
Weekends: Friday - 6:00 pm to 10:00 pm
Saturday and Sunday - 8:00 am to 5:00 pm

Brandon

October 12/13/14/19/20/21

Winnipeg

March 5/6/7/8/9

May 25/26/27/12 Jun. 1/2/3

September 21/22/23/28/29/30

November 30/Dec.1/2/3/7/8/9

Health Care Provider CPR \$99

This course is designed for health care professionals and teaches skills such as artificial respiration, use of a bag valve mask, two-rescuer CPR and much more.

Brandon

January 13
February 3
March 3
April 7
May 5
June 2

July 7
August 4
September 1
October 6
November 3
December 1

Winnipeg

January 7, 16, 21
February 4, 18
March 4, 18
April 8, 15, 22, 30
May 12, 28
June 10, 24

July 2, 15, 29
August 12, 20, 26
September 2, 17
October 14, 28
November 10, 19

Mental Health First Aid \$195

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague.

For future dates contact the Brandon office at:

204-727-4466

info.brandon@mb.sja.ca

For future dates contact the Winnipeg office at:

204-784-7000

info@mb.sja.ca

CPR Level A \$55

8:30-12:15

This class teaches CPR techniques for use on adults only, as well as AED.

Examples requiring this course include some fitness instructors.

Winnipeg

January 12	February 9
March 16	April 13
May 11	June 15
July 13	August 17
September 14	October 19
November 16	December 14

CPR Level C Recertification \$55

12:45-4:30

This refresher course is available to anyone who has taken CPR Level C through St John Ambulance within the previous calendar year. (ex. Standard, Emergency or CPR C) The Health Care Provider course does not offer a recertification.

We are not able to recertify courses that have been taken over 1 year ago or through another first aid agency.

Winnipeg

January 12	February 9
March 16	April 13
May 11	June 15
July 13	August 17
September 14	October 19
November 16	December 14

Community Services

Therapy Dog

Where do your training dollars go?

Our Therapy Dog Program provides health care oriented volunteer services within their community. Our volunteers provide comfort, joy and companionship to community members who are sick, lonely or reside in long term care facilities in Manitoba. Therapy Dogs also work with youth and children with special needs. University campus visits are very popular - residents and community members reap the therapeutic benefits of the unconditional love of a four-legged friend.

For more details regarding this program, please visit us online at www.sja.ca



Medical First Responder Program

Volunteering as a medical first responder allows our members to play an important role in the community, learn valuable skills and be part of a dedicated team! By request, our members go to community gatherings such as concerts, sports venues, walks, runs and many other organized events to provide first aid services should the need arise.

If you would like more information on volunteering or our services, please contact us at 1-800-471-7771, visit our website at www.sja.ca or via email at info@mb.sja.ca.

Lifesaving Awards

Manitobans do extraordinary deeds, often without recognition. Each year, St. John Ambulance honours individuals who have saved a life or attempted to save a life.

Please contact us at 204-784-7000 or via email at info@mb.sja.ca if you know of an incident where you feel a person should be recognized.



Our Medical First Responders and Therapy Dogs volunteered at the Canada Summer Games



Create Safer Environments at Work, Home and Play with an AED

Sudden cardiac Arrest (SCA) affects up to 40,000 Canadians each year. It can strike without warning, affecting people of all ages and fitness levels – and without rapid treatment, most cardiac arrests tend to result in death. After 12 minutes the survival rate of SCA is less than 5%.

Defibrillation is the only effective treatment for sudden cardiac arrest. Automated External Defibrillators (AEDs) deliver an electrical shock to the heart to help re-establish a normal rhythm, and when combined with CPR, the use of an AED can increase the likelihood of survival by up to 75%.

Providing access to AED's in workplaces, schools, and public access locations not only makes good sense – it's also good business practice.



Call for information on other products available,
including Automated External Defibrillators (AED's).

*All prices subject to change without notice.