



FIRST AID



What's new for Lifesaving Society Instructors, Lifeguards and Affiliates

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. Most publications are available now – and all of them will be available by year end. The literature affected by the changes include:

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

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

[The Summary of Changes in Lifesaving Society Literature](#) provides a synopsis of the changes and where they will be found in the affected publications.

Updated resources for instructors

We've also updated our instructor resources in accordance with the revised guidelines:

- Bronze Medallion & Emergency First Aid Instructor CD
- Bronze Cross & Standard First Aid Instructor CD
- First Aid Instructor Resource CD
- National Lifeguard Instructor Resource CD



Updating staff

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

View or download the Society's PowerPoint presentation designed to introduce the revised guidelines to instructors and lifeguards. You'll find it under "[Update to First Aid and CPR Guidelines](#)"

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.

To order first aid resources or for more information, please contact the Society's NL

office: info@lifesavingnl.ca.