

First Responder Information Sheet

What is a First Responder?

A First Responder is someone who is trained with knowledge and skills to respond to situations that arise in your community. When an ambulance is called, sometimes it may take some extra time to get to your community, depending on distance, weather, etc., so First Responders are called to respond first to attend to patients while the ambulance is responding.

First Responders also help ambulance personnel when needed, for example...during car accidents, or multiple casualty incidents. If an ambulance is not located in your community or near by, First Responders are paramount in ensuring help is near by.

Who can become a First Responder?

Anyone who is 18 years of age or older, and has a current CPR Level 'C' certification within one year of taking the course. Also, becoming a First Responder is a volunteer service, so individuals who want to, must be willing to volunteer their time.

How much does the course cost?

The actual First Responder Course costs are, under normal circumstances, covered by the local Health Authority you reside in. Sometimes individuals, or groups, are required to cover the cost themselves at \$450.00/per person, but if you require more information on costs and funding, please feel free to contact us for further information on this subject.

The other costs that may be incurred to the individual that are not covered are the CPR certification, time and mileage to attend the course.

How long is the course?

The course is a forty (40) hour certificate program for Saskatchewan Health and SPA--Saskatchewan Paramedic Association.

The course is usually held over two weekends...

Friday night 6:00pm to 10:00pm

Saturday and Sunday 9:00am to 4:00pm

Where are the course held?

Usually the course is held at Spiritwood Ambulance Care base because it is a central point for all areas, as all needed equipment for the class is located there with lots of space to teach. Depending on the circumstances, and groups being taught, the course can be taught in your area also!

What do you need to maintain the CERTIFICATION?

Every two (2) two years, your individual certification expires with Saskatchewan Health and you need to acquire CE credits (continuing education credits) to re-certify your license.

Spiritwood Ambulance Care holds quarterly in-services for all First Responders in the Health Region.

These in-services are one (1) full day from 9:00am to 4:00pm, either on a Saturday or Sunday held every three (3) months. You do not have to attend every in-service in the two-year period, but you do need to acquire enough credits within the two years to qualify for e-certification with Saskatchewan Health.

Each in-service is worth so many credits, which depends on how many topics we discuss. During the in-service, different topics are reviewed and practiced, for example...we would review trauma scenarios, medical problems, splinting, etc.

How do you acquire equipment?

Some First Responder groups will fund raise within their community for equipment. Some equipment that has been fund raised for in the past are AED's (automated external defibrillators, special training classes, etc.).

However, each year the Health Region will supply funding to each First Responder group which is based on the number of First Responders in your group, number of calls attended to and other more specific criteria.

Insurance and Liability issues?

A First Responder registered through a health region, and is acting as a volunteer on behalf of that health region, they work under the insurance blanket of the health regions volunteer policy. You are covered under these "*Blankets of Insurance*" if you perform your skills and knowledge within your "*Scope of Practice*" within the health region. If you choose to perform skills outside of this, then you can become liable for your actions.

If you are a first responder in another health region, other than PAPHR--(Prince Albert Parkland Health Region), individuals should contact that corresponding health region for their insurance policies.

When an First Responder responds to a call, a PCR--Patient Care Report needs to be filled out and signed by whoever responded and attended. The Health Authority supplies PCR's and once they are filled out by the First Responder, they would need to be sent in to Spiritwood Ambulance Care to be kept for records.

As First Responders, because it is a volunteer service, when called by an EMS dispatch agency to respond to a call, you do have to right to say "NO" and not attend.

What knowledge will I have once I have completed the course?

The topics that are covered in the program/course are not limited to following, but do include...

- Legal and Ethical Issues

- Anatomy

- Communicable Diseases

- Patient Assessment

- Vital Signs (pulse, blood pressure, respirations)

- Oxygen Therapy

- Medical Emergencies (assessment, treatment, signs/symptoms)

- Burn Care

- Environmental Emergencies

- Pediatric Emergencies

- Childbirth

- Fractures and Soft Tissue Injuries

- Trauma Emergencies (head, spinal, bleeding, shock)

- Bandaging and Splinting

- Spinal Immobilization

What areas have First Responders now in Prince Albert Parkland Health Region?

Area	No of Active Members	Area	No of Active Members
Ahtahkakoop I.R.	2	Leask	2
Big River	6	Leoville	2
Blaine Lake	2	Mayfair	1
Candle Lake	10	Medstead	4
Canwood	5	Mildred	1
Chitek Lake	2	Rabbit Lake	1
Chitek Lake I.R.	1	Shell Lake	6
Lakeland Volunteer Fire Department	11	Shellbrook	13
Leask	2	Spiritwood	1



If you have any questions regarding First Responders in the Spiritwood and Big River area please contact our coordinator a.sereda@spiritwoodambulance.ca.