



## Red Cross Stay Safe At Home

This course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

- 6 hours (flexible scheduling/can be broken down into 3 day smaller sessions)
- ages 9 - 13 (completion of Grade 3)
- in person, on-line (instructor led or self directed)
- workbook/completion certificate
- Cost: \$55

### Course Content

- Importance of responsibility and respect while being accountable for yourself
- Importance of setting and following rules around safety when staying on your own
- How to stay safe at home and within the community
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits)
- First Aid Content:
  - Check, Call, Care (includes phoning EMS/911), recovery position, conscious choking (adult/child/alone), feeling unwell, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns)

For more information or to arrange for this program, please contact:

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