



Safety Training Programs For Adults and Children

INTRODUCTION AND GENERAL INFORMATION

Rescue Plus provides safety programs that teach adults and children lifesaving skills. Our numerous First Aid and CPR programs teach the skills necessary to assess and treat an injured or ill patient until medical help can arrive. Programs are coordinated by hosts and facilitated in the location of their choice. Our trainers will travel to your area to teach any of our adult or child safety programs. Community based programs of various certification levels are also available for the general public. Durham College and A Growing Experience offer regularly scheduled First Aid and CPR programs for your convenience. The Toronto Hostels Training Centre hosts the *Safe Steps*™ program designed for hostel, shelter and community support staff working with families and children.

RECOGNITION: **Rescue Plus** provides program certification in accordance with the approved standards of the Workplace Safety & Insurance Board (WSIB Regulation 1101), as well as the Heart and Stroke Foundation of Ontario. Our instructors are certified and well versed, with experience in all fields of First Aid, CPR, Child Safety and Injury Prevention. Rescue Plus has been facilitating workplace First Aid and CPR training programs, as well as child safety workshops since 1990.

STYLE & PURPOSE: Each program is tailored to the specific needs of the group and is presented with great appreciation and understanding of various needs and learning abilities. Our clear, concise, and effective approach to safety training will help prepare participants to respond appropriately to numerous first aid emergencies. A contagious enthusiasm ensures participants enjoy their training and benefit from a relaxed and interactive class setting. Our unique training principles, simple to remember rules, realistic scenarios and tailored programs exceed recognized training standards.

TRAINING FOR ADULTS: Adult programs include WSIB recognized workplace training programs (Emergency First Aid and Standard First Aid), CPR, AED, Basic First Aid, Child Restraint Technician Certification, Lunch and Learns and Injury Prevention Workshops. Parents, grandparents, caregivers, children and families can learn the **Rescue Plus** approach to rescue and injury prevention by participating in the *Safe Steps* program. *Safe Steps* focuses on building the necessary prevention and treatment skills for dealing with the most common causes of childhood injury and fatality. *Safe Steps* is also facilitated for hostel, shelter and community support staff working with families and children.

TRAINING FOR CHILDREN: Even at a young age your children can begin to learn the steps necessary to foresee, prevent and assist in an emergency. To build lifesaving skills for children, **Rescue Plus Safety & Injury Prevention** programs teach injury prevention awareness and abduction prevention. Although our consecutive training levels for children from ages 4 to 12 aim to build and reinforce acquired knowledge, children can begin training at any level. The *Safe Steps for Summer Camps* program *Safe Steps for Summer Safety* is an interactive program to help reduce the risk of sports and recreation injury. Camp councilors, parents and camps directors have the option of requesting specific injury prevention topics in advance for a customized program to best suit their safety needs. Rescue Plus is an authorized provider of KeepSafe Canada's "Mighty Tikes" program. Mighty Tikes is an abduction prevention program for children 4 – 7 years old. The program is interactive, fun, and educational as well as empowering.

Program flyers outline course content, minimum group requirements and program costs for WSIB recognized workplace safety training and child safety programs.

Let us help your workplace, family and friends learn to;

✓ Reduce Risks ✓ Recognize Emergencies ✓ Rescue

Rescue Plus Safety Training Specialist

Check out our community calendar and various program outlines by visiting us at www.rescueplus.ca