



Ontario's Workplace Safety Trainers & Consultants

Ministry of Labour Authorized Training Providers

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Ask Active Canadian Emergency Training Inc.

For more than 22 years Active Canadian Emergency Training Inc. (ACET) has been preparing workplace first aiders to confidently respond to first aid, and cardiac emergencies. As the first aid training partner for Industrial Safety Trainers, we asked ACET General Manager, Andrew Outinen to address some of the common questions workplaces have when it comes to first aid training and defibrillation:

What type of training do we need?

A: In Ontario first aid training requirements are found in Regulation 1101. The regulation states that a workplace with five or fewer employees working on one shift require the first aiders to have Emergency First Aid/CPR (EFA) certification. For workplaces that have six or more employees working on one shift, the first aiders require Standard First Aid/CPR (SFA).

EFA is a one day course with certification valid for three years, while SFA is a two day course, also valid for three years, with a one day recertification possible within the third year. Both courses include CPR and most recently added a module on AED awareness.

How many people do we need to train?

A: While there is regulation around what type of training you need, EFA or SFA, in Ontario there is no legislation on how many first aiders a workplace needs to have. ACET recommends having enough people trained on each shift to allow for a three minute response from anywhere in your facility. Consider the number of employees you have, the size of your facility and number of shifts. You also want to ensure you have enough people trained to account for first aiders being on vacation, out of the office, or the first aider being the person who needs help. The more people who are trained, the more confident the entire first response team is when they know the responsibility is not just their own.

We recently had a client with a small office rebook their training. They had previously trained three out of six people. 50% seemed like enough. However, since their last certification, they had had a first aid emergency. The day the emergency happened, one first aider was on vacation, one was off sick, and one was in the field. Now they want to train the whole office. She noted, "You can never have enough people trained."

What do CPR Level A, B and C stand for?

A: There are three levels of CPR training: A is adult-only, B is infant/child, and C is adult/child/infant. While most workplaces do not have children under the age of eight, the ACET standard is CPR Level C so that workplace first aiders have knowledge to deliver care in the workplace and at home. CPR training also covers some basic components of AED awareness training

Are we required to have an automated external defibrillator (AED)?

A: Unlike first aid kits and first aid training, AEDs are not currently mandatory in the province of Ontario. That being said, AEDs are extremely common in public spaces, workplaces and homes. For every minute that someone is experiencing a cardiac arrest their chance of survival decreases 7-10% each minute. With early defibrillation, before the arrival of emergency services, first aiders have the best chance to help someone survive a cardiac arrest so having AEDs available in the workplace is becoming the norm. It also helps that the cost has come down substantially making them more accessible to even more workplaces and families.

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