

# Seconds Save Lives First Aid & Safety Training

Teaching our children to be safe..... because seconds save lives!



## The Babysitters Course: Ages 10 – 15 yrs.

- Simple techniques for First Aid
- How to handle emergency situations and what to tell 911
- Learn how to make a 'Babysitters Binder' to stay organized
- Strategies to create a safe and happy environment for children
- Learn how to deal with choking and breathing emergencies
- Skills to foster positive interaction with children of all ages
- Babysitters and families rights and responsibilities
- Tips for finding babysitting jobs
- Basic baby and child care skills
- How to prepare your own resume and business cards
- Basic First Aid and learn about sudden medical conditions
- Demonstration on how to use an Epi-Pen© and an inhaler trainer

**Course Dates - Time frame: 8:30-4:30pm**

### Locations:

Locations for courses are on the website.

### Cost of Courses:

All fees include HST. Payment is made in cash on the day of the course. All courses include a certificate and manual.

The Babysitters Course - \$55.00

The Home Alone Course with First Aid - \$40.00

Stranger Danger; Internet Safety & Bullying 101 – \$40.00

### What to Bring:

Please send your child with a pen or pencil, 2 nut free snacks and a water bottle. For The Babysitters Course, please also send a doll or a teddy bear the size of a baby and a full nut freelunch.

## The Home Alone Course with First Aid: Ages 8 – 12 yrs.

- Simple skills for First Aid: Mannequins, Epi-Pens & Inhalers trainers
- How to handle emergency situations and how/what to tell 911
- How to check for safety & dangers at home and in my community
- What to do if you choke and you are at home alone
- Learn how to deal with choking & breathing emergencies (ABC's)
- Care for bones, burns, bleeding, poisons, asthma & reactions
- What should you do to stay busy and safe when at home alone
- How to use your house key and entering your home
- How to make a small snack that is safe for you to eat & recipes
- Are you responsible enough to be at home on your own?
- Home alone protocol and safety audit
- Develop a Home Fire Escape Plan & Water safety activities
- What to do about phone calls and if someone comes to the door

**Course Dates - Time frame: 1:00–5:00pm**

## Stranger Danger; Internet Safety & Bullying 101: Ages 7–12yrs.

- Staying safe while walking home alone
- Dealing with strangers at your home and in the community
- How to stay safe around people you know
- Safety Tips – Protecting our children from abuse
- Is your child prepared to avoid and escape from danger? Check list
- Demonstration of basic self defense techniques
- Skills to stay safe while 'surfing' online and on cell phones
- How to deal with strangers on the internet
- Understanding cyber bullying – Skills & Prevention
- What is a bully? Who are bullies? Why are there bullies?
- What to do if you are bullied? Skills and confidence techniques
- How do you help another person who may be being bullied?

**Course Dates - Time frame: 8:30-12:30pm**

To register for one of our courses please call Dana at: (705)739-8174 or register on the website at:

[www.secondsavelives.ca](http://www.secondsavelives.ca) or by email at: [dana@thebabysitterscourse.ca](mailto:dana@thebabysitterscourse.ca)

Office Hours: Monday - Friday – 9:00am - 12:00pm