

**Emergency First Aid Safety Oriented (ESO Level I)**  
**(WCB Level I Equivalent)**

**Course Sponsor:**

St. John Ambulance- ESS Courses (British Columbia)

**Target Audience:**

ESS Team members without a primary first aid role

**Participant Restrictions:**

Students must be 16 years of age or older to take this course and have the physical ability to perform the first aid skills requested to complete the learning tasks

**Course Description:**

This course is offered to those persons on the Emergency Social Services team without first aid responsibilities at the reception centre.

**Course Objectives:**

*Duration: 8.0 hours*

Upon completion of this workshop, participants will be able to:

- Identify signs and symptoms of certain injuries
- Treat shock, choking (adult), minor wounds, burns, severe bleeding and eye injuries
- Perform artificial respiration
- Perform one person cardiopulmonary resuscitation (adult)
- Manage emergency scene

**Prerequisite:**

- Introduction to Emergency Social Services
- Reception Centre Operations

**Type of Instruction:**

Lectures, instructor supervised exercises, videos

**Class Size:**

10 Minimum, 12 Maximum

**Course Location:**

St. John Ambulance in your community delivers this course.

**Course Availability:**

ESS Directors should contact their local St. John Ambulance branch.

**Cost:**

\$72.00 (Discounts for group ESS volunteers available)

**Point of Contact:**

Lower Mainland: St. John Ambulance Registration Centre  
604-321-2561  
An up-to-date branch list can be obtained from St. John  
Ambulance Provincial Headquarters 604-321-2652 Local 219.

**Additional Comments:**

Certification: WCB Level 1 Certificate (valid for 2 years) and the appropriate 3-year National St. John Ambulance First Aid Certificate and CPR “A” card (annual re-certification recommended).