

OFA Level 1

Occupational First Aid (OFA) Level 1 is required on work sites where basic First Aid certification is required by the OHSR.

A basic life-saving first aid course with seven hours of class time training. Practice time is included, with a written quiz at the end.

Topics Include:

- PAA (Priority Action Approach)
- Repositioning injured worker
- Role and responsibilities of a designated First Aider
- Conduct Modified Primary Survey
- Assess soft tissue injuries
- Make appropriate medical referral decisions
- Explain the WorkSafeBC regulations for first aid record keeping
- Identify breathing emergencies
- Identify obstructed airway: partial or complete
- Clearing an obstructed airway
- Perform CPR and the use of an AED (Automated External Defibrillator)
- Manage bleeding
- Identify the signs of anaphylactic shock
- Reposition an injured worker
- Identify common medical emergencies
- Manage common medical emergencies