



LIFESAVING SOCIETY
The Lifeguarding Experts

Anaphylaxis Rescuer is included in the upcoming 7th printing of the *First Aid Award Guide*. You can download the test sheet from "Test Sheets" in "Prices and Forms" at www.lifesavingsociety.com.

Anaphylaxis Rescuer At-a-glance

Anaphylaxis awareness has grown significantly in school boards, municipal recreation centres, camps, day care centres and the general public. With proper training, people can learn how to use an auto-injector with confidence. The recognition and first aid treatment for anaphylaxis is covered in both the Anaphylaxis Rescuer and Standard First Aid certifications; in addition the Anaphylaxis Rescuer award covers prevention and risk management. The Anaphylaxis Rescuer certification is delivered in a one-hour time frame, ideal for annual review of skills similar to CPR or combined with other first aid awards.

Test Items

1. Demonstrate an understanding of:
 - what anaphylaxis is
 - recognizing an anaphylactic victim
 - importance of early recognition and treatment
 - types of auto-injectors available and differences
 - prevention and risk management of anaphylaxis
2. Through practical activities whenever possible, demonstrate an understanding of the legal implications of providing first aid treatment.
3. Demonstrate the ability to manage an emergency scene (recognize, assess and act) and how to call emergency medical services (EMS).
4. Demonstrate the recognition and care of a victim suffering anaphylaxis reaction.

Notes

- The suggested course time required for the Anaphylaxis Rescuer award is 1 hour, based on a class of 12–16 candidates. The actual time needed will vary with the number and maturity of the candidates, and their prior knowledge, training, and experience. Factor in additional time for refreshment and other breaks.
- For planning and teaching Anaphylaxis Rescuer, refer to the detailed lesson plans and presentations featured on the Society's *First Aid Instructor Resource CD*.

Item 1

Anaphylaxis knowledge

Demonstrate an understanding of:

- *what anaphylaxis is*
- *recognizing an anaphylactic reaction*
- *importance of early recognition and treatment*
- *types of auto-injectors available and differences*
- *prevention and risk management of anaphylaxis*

Purpose

To emphasize the lifesaving principles of the practical items in this award.

Must See

- Understanding demonstrated through performance and decision-making

Notes

- Epinephrine is a hormone produced in the body by the adrenal glands. It increases heart rate, diverts blood to the muscles, constricts blood vessels and opens the airways. Using an auto-injector is a faster means of providing epinephrine.
- It is recommended that anaphylactic or potentially anaphylactic people carry their epinephrine with them at all times since reactions can occur rapidly.
- A conservative estimate (from Anaphylaxis Canada) is that 2% of the population (approximately 600,000 Canadians) may be affected by potentially life-threatening allergies. The incidence may be higher in children and it has increased dramatically in the last decade.
- CFAM reference: p. 45, p. 73 *Anaphylaxis*

Item 2

Legal implications of first aid

Through practical activities whenever possible, demonstrate an understanding of the legal implications of providing first aid treatment.

Purpose

To evaluate candidates' understanding of the legal implications of providing first aid treatment.

Must Sees

- Permission obtained before beginning treatment
- Candidate describes when treatment may be stopped

Notes

- Assist with medication: for witnessed anaphylaxis, first aiders may administer an auto-injector to an unconscious victim. E.g., the victim lost consciousness before their auto-injector was able to be self-administered or used.
- School board administrators should refer to the specific acts or regulations in their province according the Canadian School Boards Association – www.cdnsba.org (go to publications).
- CFAM reference: p. 4 *First aiders and the law*

Item 3

Scene management & EMS contact

Demonstrate the ability to manage an emergency scene (recognize, assess and act) and how to call emergency medical services (EMS).

Purpose

To train first aiders in the appropriate procedures in recognizing, assessing and acting to an emergency anaphylaxis first aid situation.

Must See

- Basic understanding demonstrated through performance (recognize, assess, act)
- Candidate gives examples of circumstances requiring an EMS call
- A simulated call to EMS providing the 4 W's (who, why, what, where) for an anaphylactic emergency

Notes

- Send bystanders to phone EMS. If alone, rescuer assists the victim with auto-injector and then phones EMS right away.
- No coin is required to make an emergency call from telephone booth. How to make a call may differ according to where you live. Check for details in your area.
- CFAM reference: p. 5 *First aid and rescue process*

Item 4

Anaphylaxis victim

Demonstrate the recognition and care of a victim suffering anaphylaxis reaction.

Purpose

To respond to an anaphylactic emergency using an auto-injector.

Must See

- Recognition of victim suffering from anaphylaxis
- Assessment of environment for hazards
- Activate Emergency Medical System
- Consent obtained from victim or guardian
- Auto-injector obtained
- Preparation of auto-injector
- Appropriate use of auto-injector
- Safe disposal of auto-injector
- Victim reassured and placed in position of comfort
- Treatment continued until rescuer relieved of responsibility

Notes

- Victim is classified as conscious adult or child victim (use only auto-injector trainers for test item). Send bystanders to phone EMS. If alone, rescuer assists victim with auto-injector and then phones EMS right away.
- Auto-injector disposal: preferably placed back into original container if available, and given to EMS upon arrival.
- Injections should be administered to the mid outer thigh. Place the tip of the auto-injector on the outer thigh and press firmly. Hold for about 10 seconds and remove. Massage injection site.
- There should be at least two doses of epinephrine available at all times. A second dose could be required 10–15 minutes after the first if the reaction is continuing. This situation could occur if the reaction is very severe, if the dose given is inadequate, or if the injector is faulty.
- If the victim cannot administer his or her own auto-injector, rescuers may have to do so.

- Assist with medication: for witnessed anaphylaxis, first aiders may administer an auto-injector to an unconscious victim. E.g., the victim lost consciousness before auto-injector use. Assess level of consciousness, ABCs and initiate CPR if required.
- CFAM reference: p. 45, p. 73 *Anaphylaxis*