

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

Don Mills Superstore – 825 Don Mills Road, Toronto
Sat, April 1 or Fri, June 9 (PD DAY)
Bayview Village Loblaws – 2877 Bayview Village, Toronto
Fri, Feb 17 (PD) or Fri, June 9 (PD)
Weston Rd & 401 Superstore - 2549 Weston Rd, Toronto –
Sun, Mar 26 or Sun, May 28th
Scarborough Superstore – 1755 Brimley Rd, Scarborough
Fri, Feb 17 (PD) or Fri, June 30 (PD DAY)
RCSS Dufferin & Steeles – 51 Gerry Fitzgerald Dr. Toronto
Sat, April 29 or Fri, June 9 (PD DAY)
Burnamthorpe Market – 380 The East Mall, Etobicoke
Sun April 9 or Sat, July 15
Victoria Park Market – 50 Musgrave Street, Toronto
Sat, April 8 or Sun, June 11
Loblaws Carlton St - 60 Carlton St. - Friday, June 30 (PD)

Locations:

Toronto & area
Don Mills/Eglington
Bayview/Sheppard
Weston Road & 401
Scarborough
Dufferin & Steeles
Etobicoke
Victoria Park
Carlton St. & Church

Website has full addresses.
(PD) = PD DAY

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 - \$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 lunch.

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

Don Mills Superstore – 825 Don Mills Road, Toronto
Sun, Feb 26 or Sat, May 6th
Bayview Village Loblaws -2877 Bayview Village, Toronto
Sun, April 9 or Sun, May 7
Weston Rd & 401 Superstore -2549 Weston Rd, Toronto
Sun, April 23 or Sun, June 25
Scarborough Superstore – 1755 Brimley Rd, Scarborough
Sat, April 22 or Fri, June 9 (PD DAY)
RCSS Dufferin & Steeles – 51 Gerry Fitzgerald Dr. Toronto
Sat, March 25 or Sat, May 6th
Burnamthorpe Market – 380 The East Mall, Etobicoke
Sun, March 12 or Sat, June 3rd
Victoria Park Market – 50 Musgrave Street, Toronto
Sun, March 26 or Sun, June 4th
Loblaws Carlton St – 60 Carlton St. - Fri, June 9th (PD DAY)

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

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Sun, March 12 or Sat, June 3rd
Victoria Park Market – 50 Musgrave Street, Toronto
Sun, March 26 or Sun, June 4th
Loblaws Carlton St – 60 Carlton St. - Fri, June 9th (PD DAY)

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

www.secondsavelives.ca or by email at: dana@secondsavelives.ca

Office Hours: Monday to Friday – 9:00am - 12:00pm ~ Courses are offered all year long ~