

**WORKSAFE SERVICES DIVISION
OCCUPATIONAL HEALTH AND SAFETY
LEGISLATION INTERPRETATIONS**



Topic	6 hours of practice	Issued by: V.P., WorkSafe Services
Statute	<i>First Aid Regulation</i>	Date Issued: January 11, 2005
Section	8(7)	Date Revised: March 8, 2005

8(7) An employer shall ensure that a first aid provider has a minimum of 6 hours practice on first aid skills each year during which he or she holds a valid certificate.

Question

My employer has designated me as a first aid provider for my workplace. Section 8(7) of the new First Aid Regulation requires that I receive 6 hours of practice on first aid skills each year during the period I hold a valid certificate. What does 6 hours of practice mean?

Response

The intent of this provision is to ensure that first aid providers maintain their skills during the 3-year certification period. This can be accomplished by:

1. Providing first aid treatment to injured employees in your workplace totalling at least 6 hours of treatment time in a given year. Your first aid logbook should be able to demonstrate that you have provided first aid treatment equal to or greater than 6 hours of treatment time;
2. Reviewing the first aid manual and simulating different first aid treatments on “volunteers” for at least 6 hours duration in a given year. Written confirmation from your employer will be required to demonstrate that you have taken measures to maintain your first aid skills;
3. Attending a 6-hour refresher course provided by an approved first aid training agency; or
4. A combination of options 1 through 3 provided sufficient and appropriate documentation is made available to an Occupational Health and Safety Officer upon request.

Whether the practice is logged treatment, a review or a refresher course it needs to occur every 12-month. If the first aid provider's training has been grand fathered, the 12-month period is from Jan 1st to Dec 31st until the first aid provider takes the new *Workplace Standard First Aid Course*. Subsequent to taking the new course, the 12-month periods starts the day after the completion of the course.

Therefore at the end of the first year, 6-hours of practice needs to be accomplished. At the end of the second year, 6-hours of practice needs to be accomplished. At the end of the third year, the first aid provider needs to take the *Workplace Standard First Aid Course* again. In doing so they will have complied with the 6-hours practice requirement, therefore no additional 6-hours practice needs to be accomplished. Looking at it over several years...

Year 1 – Course

Year 2 – Practice

Year 3 – Practice

Year 4 – Course

Year 5 – Practice

Year 6 – Practice

Year 7 – Course and so on.