



MAST-150 – Advanced First Aid

Business

Effective Term & Year: Fall 2026

Course Outline Review Date: 2031-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

Advanced First Aid is a comprehensive 10-day course offering a high level of first aid training and certification. Topics covered include the priority action approach, airway and breathing emergencies, two rescuer adult CPR with AED, major bleeding, WorkSafeBC records and reports, small wound soft tissue and fracture management. Completion of records and reports are an integral part of the course. The course covers basic to advanced life support and first aid scenario skills.

Program Information:

This course or MAST 151 is required for the completion of the MAST certificate.

Delivery Methods: On-campus (Face-to-Face)

Credit Type: College of the Rockies Credits

Credits: 3

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	80
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	

Co-op/Work Experience	
Other	
Total	80

Course Requisites:

None

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy [2.5.5 Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Prepared by Workers' Compensation Board, WorkSafeBC. *Advanced First Aid: Participant Guide* (2024).

Prepared by Workers' Compensation Board, WorkSafeBC. *Advanced First Aid: A Reference and Training Manual* (2024),

Please see the instructor's syllabus for a complete list of the currently required textbooks.

Learning Outcomes:

Upon the successful completion of this course, students will be able to

- describe the scope, role and responsibilities of a first aid attendant including legal requirements and best practices;
 - integrate the four stages of the priority action approach;
 - apply life-saving interventions;
 - apply rapid transport criteria and decision-making using transportation techniques and tools;
 - demonstrate applications of a wide range of first aid equipment required for the workplace;
 - apply knowledge of body symptoms for airway, breathing, circulation, shock and the musculoskeletal system;
 - manage musculoskeletal injuries including sprains, fractures and dislocations;
 - manage minor and major wound care including trauma, infection and burns;
 - describe responsibilities and administration requirements for prescription medications;
 - manage critical medical conditions such as heat and cold related injuries, diabetes, stroke, poison, seizures and allergic reactions; and
 - describe ongoing management of injury, illness and critical conditions.
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Course Topics:

- Personal Protective Equipment
- Exposure Control Plans
- Scene Assessment
- Patient Positioning
- Record Keeping
- Critical Incident Stress
- Level of Consciousness using AVPU and GCS
- Head, Neck and Spinal Stabilization
- NEXUS rule of spinal motion restriction
- Airway, Breathing and Circulation Interventions
- Vital Signs
- Medical History
- Head-to-Toe Assessment
- Oxygen Administration
- Communication Strategies for Effective Workplace
- Hazard Identification, Risk Assessment and Risk Controls
- Triage

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Written Examination	50%
Practical Examinations	50%
Total	100%

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Pass requirements:

A passing mark (70% or higher) on both written and practical exams is required to pass the course.

Evaluation Notes Comments:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Attendance of 100% is mandatory.

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at

<https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.1.4 Course Audit
 - Policy 2.4.1 Credential Framework
 - Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Rights, Responsibilities and Conduct
 - Policy 2.4.8 Academic Performance
 - Policy 2.4.9 Student Feedback and Concerns
 - Policy 2.4.11 Storage of Academic Works
 - Policy 2.5.3 Student Appeal
 - Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)
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Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for MAST 150 may not receive additional credit for ATBO 114.

Prior Course Code: SERS 122 Occupational First Aid Level 3

>> MAST 150 Occupational First Aid Level 3

Date changed: March 2009

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.