

Canadian Innovative Protective Solutions Inc. is in its 6th year of operation in the Edmonton capital region. We

are dedicated to providing the best in comprehensive protective skills training and education.

CIPS Inc. has provided training and consulting services for groups and individuals from federal, provincial, territorial, and municipal government agencies, law enforcement agencies, post secondary institutions, health authorities, correctional agencies, foreign military and police operators, EMS agencies, women's groups, community groups, church groups and private companies. To date we have served well over 75 distinctly varied organizations. We are a mobile operation able to come to you! Ask us about our agency co-hosting program.

"I can with confidence say that this program of workplace conflict & violence, personal safety and threat recognition is the best I have come across. Stakeholders were involved in the pilot courses

including ambulance operations, instructors and students coupled with the credibility of the F.R.S.T instructors, this course is a real "must have"!

There doesn't seem to be a standardization of education provincially and nationally regarding personal safety and this course addresses issues that should be covered in our national competencies. This course has been taught to over 400 practitioners and I have seen some excellent feedback from students that they want more! This course should be a provincial and national EMS standard!"

Pre-Hospital practitioner for over 23 years rural and urban centers, an Instructor in Paramedic Programs, Previous Tactical Paramedic and currently an Academic Chair for the largest Pre-Hospital programs in the province of Alberta.

FRST is available in 2010 at
SAIT
SAIT Course # CPRS 170
www.sait.ca
1-877-2847448
Register Today!



What they are saying about F.R.S.T.™.

"The first responder should be equipped with not only information about the law and how it protects the rights of the first responder, but the physical and psychological tools to develop a window of opportunity to disengage from an unsafe situation. F.R.S.T. provided these tools."
Tony Spaans, Firefighter/Paramedic (former T.E.M.S. operator), St. Alberta, Alberta

"The FRST course is the first course specifically designed for front line Emergency Responders. This course is the first of its kind in Canada. In an ever changing society this course should be mandatory for all EMS and front line Emergency responders. It offers basic self defence and the skills needed to ensure that we all go home safe to our families every night. It also shows us how to preserve the safety of our patients. The skills that I have learned in the FRST course I use everyday on the job."

Misty Shearer, EMT-P, Tactical Paramedic, Alberta Health Services, Edmonton

"EMS professionals face unknown dangers during every call for help they answer. The FRST program gives our personnel real-world strategies to reduce hazards and tools to protect themselves and their partners when threatened. FRST training is relevant for all operational areas of EMS, whether urban or rural, where the danger is predictable and more importantly, for when it is not. Our EMS personnel have directly benefited from FRST training and it's goal - prevention of and removal from harm."

**Joe Acker, Director, EMS & Patient Transportation
Alberta Health Services, Edmonton/North**

"FRST teaches EMS recruits situational awareness and hazard reduction techniques for every call. This is not a new martial art, but practical techniques for mental and physical preparation to remove them from danger. FRST allows EMS recruits to learn from professionals with extensive front line experience before they hit the streets."

**Blaine Barody, EMT-P, Staff Development Officer,
EMS Recruitment, Alberta Health Services**

F.R.S.T.™.

Canadian Innovative Protective Solutions Inc.



First Response Safety Tactics The Complete Protective Program for Frontline EMS

F.R.S.T.tm

First Response Safety Tactics

a
Canadian Innovative Protective
Solutions Inc. Program

The F.R.S.T. program was designed to meet the protective needs of Emergency Service Professionals. It is the only program of its kind developed specifically for front-line EMTs and Paramedics. This course develops the student's skills in dealing with high stress situations and risks that a Paramedic or EMT is potentially faced with on every call. It will extend the learner's knowledge regarding safety issues, physiological responses to stress and the tactics they should employ to protect themselves, their partners and patients. This program is currently used by the City of Edmonton Emergency Medical Services (EMS) recruit classes, EMT and Paramedic classes at the Southern Alberta Institute of Technology (SAIT), Northern Alberta Institute of Technology (NAIT) and numerous rural ambulance authorities. Since the creation of the program, CIPS Inc. has trained over 400 Alberta medics. The skills and knowledge provided by F.R.S.T. are being employed on the front line to 'save lives'. Our students learn to anticipate and avoid dangerous situations and how to disengage from a variety of threatening scenarios.



Program Format



MAJOR TOPICS

- STRESS PHYSIOLOGY (related to confrontation)
- ENVIRONMENTAL AWARENESS and TACTICS
- LAWFUL RIGHTS
- MEDIC PROTECTIVE TACTICS
- INTENSE PHYSICAL TRAINING INITIATIVES
- REALISTIC SCENARIO AND STRESS INNOCULATION

(Just to name a few)

Course includes lecture, classroom, practical and scenario based training.

Formats vary from a 4 hour lecture to the full 32 hour comprehensive program. Rates are available for large groups and entire agencies. We can custom fit your training to your needs and budget. Contact us today for pricing and program details.

Course attendees must be EMTs, EMRs, Paramedics, E.R. nurses, Nurse Practitioners, Firefighters, students or administrators in the field of EMS.

Physical skills programs are intense. Students must possess a basic fitness level and be prepared to deal with the discomfort of realistic confrontation simulations. Our goal is to create the "I've been here before sensation" in training before its encountered in real life.

1.

F.R.S.T. has been evolving since 2003. It was designed to fill a need in the EMS community. That need is a no nonsense, comprehensive protective program for frontline EMS personal. It is the only program of its kind available.

2.

F.R.S.T. was developed by 2 career police officers with a combined 45 years of operational, tactical, and training experience. The F.R.S.T. creators believed it was crucial to consult with T.E.M.S. Paramedics possessing extensive operational experience and background.

3.

F.R.S.T. instructors use a combination of experience and classroom interaction to emphasize and teach the primary objectives of the program. We combine the adult learning experience with intense, no nonsense physical training similar to military and police training protocols. This quickly builds protective skills and confidence.

4.

At CIPS Inc. we are passionate and committed to the safety and protection of the EMS community. We believe that medics do one of the most difficult and thankless jobs in the world. They routinely go where no other person would tread to help and save their fellow man. They deserve the best possible protective skills training program available. [F.R.S.T. is that program.](#)

5.

The intentions of F.R.S.T. are not to turn medics into 'fighters' or 'police officers'. Our focus is to recognize the mandate and mission of preserving life. F.R.S.T.'s primary objective is to equip students to recognize threats prior to a dangerous situation erupting. We focus on disengagement and prevention with a realistic balance of defending and prevailing in situations of spontaneous violence.

