

	EMR	PCP	ACP	CCP
GENERAL COMPETENCY 3.1 Maintain good physical and mental health.				
SPECIFIC COMPETENCY	SUB COMPETENCIES			
3.1.a Maintain balance in personal lifestyle.	X	A	A	A
	List the components of a balanced, healthy lifestyle.	List the components of a balanced, healthy lifestyle.	List the components of a balanced, healthy lifestyle.	List the components of a balanced, healthy lifestyle.
		Describe personal activities / habits which promote a balanced, healthy lifestyle.	Describe personal activities / habits which promote a balanced, healthy lifestyle.	Describe personal activities / habits which promote a balanced, healthy lifestyle.
		Choose personal activities/habits which promote a balanced and healthy lifestyle.	Choose personal activities/habits which promote a balanced and healthy lifestyle.	Choose personal activities/habits which promote a balanced and healthy lifestyle.
3.1.b Develop and maintain an appropriate support system.	X	A	A	A
	List personal support systems that promote the maintenance of physical and mental health.	List personal support systems that promote the maintenance of physical and mental health.	List personal support systems that promote the maintenance of physical and mental health.	List personal support systems that promote the maintenance of physical and mental health.
		Describe the benefits of a personal support system.	Describe the benefits of a personal support system.	Describe the benefits of a personal support system.
		Value the benefits of a personal support system.	Value the benefits of a personal support system.	Value the benefits of a personal support system.

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3.1.c Manage stress.	X	A	A	A
	Define "stress".	Define "stress".	Define "stress".	Define "stress".
	Define "stress disorder".	Define "stress disorder".	Define "stress disorder".	Define "stress disorder".
	List factors that typically contribute to personal stress.	Describe factors that typically contribute to personal stress.	Describe factors that typically contribute to personal stress.	Describe factors that typically contribute to personal stress.
	List techniques to manage stress.	Discuss techniques to manage stress.	Discuss techniques to manage stress.	Discuss techniques to manage stress.
	Describe the concept of critical incident stress management.	Explain the concept of critical incident stress management.	Explain the concept of critical incident stress management.	Explain the concept of critical incident stress management.
	Recognize behaviours suggesting a negative response to stress.	Recognize behaviours suggesting a negative response to stress.	Recognize behaviours suggesting a negative response to stress.	Recognize behaviours suggesting a negative response to stress.
		Choose techniques for managing personal stress.	Choose techniques for managing personal stress.	Choose techniques for managing personal stress.
3.1.d Practice effective strategies to improve physical and mental health related to career.	X	A	A	A
	List the effects of shift work on physical and mental health.	List the effects of shift work on physical and mental health.	List the effects of shift work on physical and mental health.	List the effects of shift work on physical and mental health.
	List strategies to promote physical and mental health.	Describe strategies to promote physical and mental health.	Describe strategies to promote physical and mental health.	Describe strategies to promote physical and mental health.
		Choose strategies to promote physical and mental health.	Choose strategies to promote physical and mental health.	Choose strategies to promote physical and mental health.

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3.1.e Exhibit physical strength and fitness consistent with the requirements of professional practice.	S	P	P	P
	Describe the physical capabilities required of an EMS practitioner.	Describe the physical capabilities required of an EMS practitioner.	Describe the physical capabilities required of an EMS practitioner.	Describe the physical capabilities required of an EMS practitioner.
	Describe strategies to develop and maintain physical strength and fitness.	Describe strategies to develop and maintain physical strength and fitness.	Describe strategies to develop and maintain physical strength and fitness.	Describe strategies to develop and maintain physical strength and fitness.
	Choose strategies to develop and maintain physical strength and fitness.	Choose strategies to develop and maintain physical strength and fitness.	Choose strategies to develop and maintain physical strength and fitness.	Choose strategies to develop and maintain physical strength and fitness.
	Demonstrate adequate strength and fitness.	Demonstrate adequate strength and fitness.	Demonstrate adequate strength and fitness.	Demonstrate adequate strength and fitness.
GENERAL COMPETENCY 3.2 Practice safe lifting and moving techniques.				
SPECIFIC COMPETENCY	SUB COMPETENCIES			
3.2.a Practice safe biomechanics.	S	P	P	P
	Define “safe biomechanics”.	Define “safe biomechanics”.	Define “safe biomechanics”.	Define “safe biomechanics”.
	Describe potential injuries common to EMS practitioners.	Describe potential injuries common to EMS practitioners.	Describe potential injuries common to EMS practitioners.	Describe potential injuries common to EMS practitioners.
	Describe strategies to reduce risk of injury.	Describe strategies to reduce risk of injury.	Describe strategies to reduce risk of injury.	Describe strategies to reduce risk of injury.
	Choose strategies to reduce the risk of injury.	Choose strategies to reduce the risk of injury.	Choose strategies to reduce the risk of injury.	Choose strategies to reduce the risk of injury.
	Adapt proper lifting techniques.	Adapt proper lifting techniques.	Adapt proper lifting techniques.	Adapt proper lifting techniques.

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3.2.b Transfer patient from various positions using applicable equipment and / or techniques.	S	P	P	P
	List equipment for patient transfer.	List equipment for patient transfer.	List equipment for patient transfer.	List equipment for patient transfer.
	Describe indications for equipment use.	Describe indications for equipment use.	Describe indications for equipment use.	Describe indications for equipment use.
	Identify specifications of the equipment to be used, including equipment for special patient populations.	Identify specifications of the equipment to be used, including equipment for special patient populations.	Identify specifications of the equipment to be used, including equipment for special patient populations.	Identify specifications of the equipment to be used, including equipment for special patient populations.
	Explain techniques of transfer using specified equipment.	Explain techniques of transfer using specified equipment.	Explain techniques of transfer using specified equipment.	Explain techniques of transfer using specified equipment.
	Demonstrate patient transfers.	Perform patient transfers.	Perform patient transfers.	Perform patient transfers.
3.2.c Transfer patient using emergency evacuation techniques.	S	S	S	S
	Describe situations where emergency evacuation may be required.	Describe situations where emergency evacuation may be required.	Describe situations where emergency evacuation may be required.	Describe situations where emergency evacuation may be required.
	Describe emergency lifting and moving techniques.	Describe emergency lifting and moving techniques.	Describe emergency lifting and moving techniques.	Describe emergency lifting and moving techniques.
	Describe alternative techniques and conditions for use.	Distinguish alternative techniques and conditions for use.	Distinguish alternative techniques and conditions for use.	Distinguish alternative techniques and conditions for use.
	Demonstrate emergency lifting and moving techniques.	Demonstrate emergency lifting and moving techniques.	Demonstrate emergency lifting and moving techniques.	Demonstrate emergency lifting and moving techniques.

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3.2.d Secure patient to applicable equipment.	S	P	P	P
	Identify safe and secure methods.	Identify safe and secure methods.	Identify safe and secure methods.	Identify safe and secure methods.
	Demonstrate safe and secure procedures for patient movement and transport.	Integrate safe and secure procedures for patient movement and transport.	Integrate safe and secure procedures for patient movement and transport.	Integrate safe and secure procedures for patient movement and transport.
GENERAL COMPETENCY 3.3 Create and maintain a safe work environment.				
SPECIFIC COMPETENCY	SUB COMPETENCIES			
3.3.a Assess scene for safety.	S	P	P	P
	Define “scene safety”.	Define “scene safety”.	Define “scene safety”.	Define “scene safety”.
	Describe factors contributing to scene safety.	Describe factors contributing to scene safety.	Describe factors contributing to scene safety.	Describe factors contributing to scene safety.
	Apply techniques for assessing scene safety.	Apply techniques for assessing scene safety.	Apply techniques for assessing scene safety.	Apply techniques for assessing scene safety.
	Demonstrate techniques for the assessment of scene safety.	Integrate techniques for the assessment of scene safety.	Integrate techniques for the assessment of scene safety.	Integrate techniques for the assessment of scene safety.
3.3.b Address potential occupational hazards.	S	P	P	P
	List potential occupational hazards.	List potential occupational hazards.	List potential occupational hazards.	List potential occupational hazards.
	Describe ways to manage occupational hazards.	Describe ways to manage occupational hazards.	Describe ways to manage occupational hazards.	Describe ways to manage occupational hazards.
	Demonstrate techniques to manage occupational hazards.	Adapt techniques to manage occupational hazards.	Adapt techniques to manage occupational hazards.	Adapt techniques to manage occupational hazards.

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3.3.c Conduct basic extrication.	S	S	S	S
	Describe basic, non-mechanical patient extrication principles.	Describe basic, non-mechanical patient extrication principles.	Describe basic, non-mechanical patient extrication principles.	Describe basic, non-mechanical patient extrication principles.
	Apply basic, non-mechanical patient extrication principles.	Apply basic, non-mechanical patient extrication principles.	Apply basic, non-mechanical patient extrication principles.	Apply basic, non-mechanical patient extrication principles.
	Demonstrate basic, non-mechanical extrication principles.	Integrate basic, non-mechanical extrication principles.	Integrate basic, non-mechanical extrication principles.	Integrate basic, non-mechanical extrication principles.
3.3.d Exhibit defusing and self-protection behaviours appropriate for use with patients and bystanders.	S	S	S	S
	Describe methods of defusing.	Describe methods of defusing.	Describe methods of defusing.	Describe methods of defusing.
	Describe methods of self-protection.	Describe methods of self-protection.	Describe methods of self-protection.	Describe methods of self-protection.
	Apply methods of defusing.	Apply methods of defusing.	Apply methods of defusing.	Apply methods of defusing.
	Apply methods of self-protection.	Apply methods of self-protection.	Apply methods of self-protection.	Apply methods of self-protection.
	Choose methods of defusing and self-protection.	Choose methods of defusing and self-protection.	Choose methods of defusing and self-protection.	Choose methods of defusing and self-protection.
	Demonstrate methods of defusing and self-protection.	Adapt methods of defusing and self-protection.	Adapt methods of defusing and self-protection.	Adapt methods of defusing and self-protection.
	Apply safety precautions when dealing with patients suffering from psychiatric illnesses.	Apply safety precautions when dealing with patients suffering from psychiatric illnesses.	Apply safety precautions when dealing with patients suffering from psychiatric illnesses.	Apply safety precautions when dealing with patients suffering from psychiatric illnesses.

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3.3.e Conduct procedures and operations consistent with Workplace Hazardous Materials Information System (WHMIS) and hazardous materials management requirements.	A	A	A	A
	Identify applicable legislation and regulations.	Describe applicable legislation and regulations.	Describe applicable legislation and regulations.	Describe applicable legislation and regulations.
	Apply regulations.	Apply regulations.	Apply regulations.	Apply regulations.
3.3.f Practice infection control techniques.	S	P	P	P
	Identify common routes for transmission of disease and infection.	Describe common routes for transmission of disease and infection.	Describe common routes for transmission of disease and infection.	Describe common routes for transmission of disease and infection.
	Define "infection control precautions".	Define "infection control precautions".	Define "infection control precautions".	Define "infection control precautions".
	Apply infection control precautions.	Apply infection control precautions.	Apply infection control precautions.	Apply infection control precautions.
	Describe the appropriate procedures for the disposal of sharps and contaminated supplies.	Describe the appropriate procedures for the disposal of sharps and contaminated supplies.	Describe the appropriate procedures for the disposal of sharps and contaminated supplies.	Describe the appropriate procedures for the disposal of sharps and contaminated supplies.
	Describe personal protective equipment utilized in practice.	Describe personal protective equipment utilized in practice.	Describe personal protective equipment utilized in practice.	Describe personal protective equipment utilized in practice.
	Integrate infection control precautions and safe handling procedures.	Integrate infection control precautions and safe handling procedures.	Integrate infection control precautions and safe handling procedures.	Integrate infection control precautions and safe handling procedures.
	Demonstrate proper use of personal protective equipment.	Demonstrate proper use of personal protective equipment.	Demonstrate proper use of personal protective equipment.	Demonstrate proper use of personal protective equipment.

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3.3.g Clean and disinfect equipment.	S	P	P	P
	List equipment and supplies required to clean / disinfect equipment.	List equipment and supplies required to clean / disinfect equipment.	List equipment and supplies required to clean / disinfect equipment.	List equipment and supplies required to clean / disinfect equipment.
	List techniques to clean and disinfect equipment.	Describe techniques to clean and disinfect equipment.	Describe techniques to clean and disinfect equipment.	Describe techniques to clean and disinfect equipment.
	Demonstrate correct equipment cleaning and disinfecting techniques.	Demonstrate correct equipment cleaning and disinfecting techniques.	Demonstrate correct equipment cleaning and disinfecting techniques.	Demonstrate correct equipment cleaning and disinfecting techniques.
3.3.h Clean and disinfect work environment.	A	P	P	P
	List equipment and supplies required to clean and disinfect work environment.	List equipment and supplies required to clean and disinfect work environment.	List equipment and supplies required to clean and disinfect work environment.	List equipment and supplies required to clean and disinfect work environment.
	Describe methods to clean and disinfect work environment.	Describe methods to clean and disinfect work environment.	Describe methods to clean and disinfect work environment.	Describe methods to clean and disinfect work environment.
		Demonstrate correct cleaning and disinfecting techniques.	Demonstrate correct cleaning and disinfecting techniques.	Demonstrate correct cleaning and disinfecting techniques.