

Standard First Aid



Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

DURATION

CPR A: 13 hours in-class OR 5.5 hours in-class + 8 hours online learning*

CPR C: 14 hours in-class OR 8 hours in-class + 8 hours online learning*

INSTRUCTOR

First Aid Instructor

PREREQUISITE

None

COMPLETION

- Successfully demonstrate skills and critical steps
- Min. 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

CERTIFICATION

3-year certification in Standard First Aid and CPR Level A or C

RECERTIFICATION

CPR A: 6.5 hours in-class OR 3 hours in-class + 4 hours online learning*

CPR C: 7.5 hours in-class OR 4 hours in-class + 4 hours online learning*

**On-line learning time will vary depending on the learner.*

COURSE CONTENT

- The Red Cross
- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care
- Head and spine injuries
- Bone, muscle and joint injuries
- Sudden Medical Emergencies
- Environmental Emergencies
- Poisons

Includes any other content required by specific legislation

PARTICIPANT MATERIALS

- *First Aid & CPR* (manual from the Canadian Red Cross)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Standard First Aid CPR A/C – Online access via PIN*
- Standard First Aid certificate



First Aid & CPR



ABLE First Aid & CPR
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