



First Aid (OFA Level 1 Equivalent)

Comprehensive 7-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements



Duration

7 hours training + breaks.

Instructor

Red Cross First Aid Instructor or Instructor Trainer

Completion Requirements

100% attendance, skills demonstration, and 70% min. passing grade on written exam

Certification

3-year certification in Workplace Emergency First Aid CPR/AED Level A

Recertification

Recertification is required every 3 years. Recertification can be completed through a recertification course or by completing a full course.

Course Content

- > Introduction and the Red Cross
- > Preparing to respond, prevention of disease transmission
- > Check, Call, Care
- > Wound care and WorksafeBC records
- > Airway, breathing and circulation emergencies
- > Shock, bleeding and medical emergencies
- > Knowledge evaluation and closing

Includes any other content required by specific legislation

Take-Home Materials

Participants will receive a Red Cross First Aid Certification card (numbered) and a First Aid kit.

Red Cross First Aid. The Experience to Make a Difference.



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Safe + Sound
FIRST AID TRAINING