

Emergency First Aid & CPR

Basic one-day course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home.

Includes the latest first aid and CPR guidelines. Meets OHS regulations for Basic First Aid. Exceeds competitors' standards by including injury prevention content, CPR and AED.



Duration

6.5–8 hours. Flexible scheduling options.

Instructor

Red Cross First Aid Instructor or Instructor Trainer

Completion Requirements

100% attendance, skills demonstration, and 75% min. passing grade on written exam

Certification

3-year certification in Emergency First Aid, CPR Level A, C, or HCP and AED

Recertification

Where provincial/territorial legislation allows; 4–6 hours; includes CPR Level C

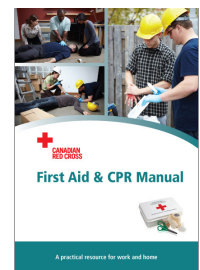
Course Content

- > Preparing to respond
- > The EMS system
- > Check, Call, Care
- > Airway emergencies
- > Breathing and circulation emergencies
- > First aid for respiratory and cardiac arrest
- > Wound care

Includes any other content required by specific legislation

Take-Home Materials

Red Cross First Aid & CPR Manual
Certification card and optional wall certificate
(or as required by legislation)



Red Cross First Aid. 

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Safe + Sound
FIRST AID TRAINING