

# 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: 14 hours in-class (including breaks)

CPR C: 16 hours in-class (including breaks)

## INSTRUCTOR

Red Cross 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: 7 hours in-class (including breaks)

CPR C: 8 hours in-class (including breaks)

## 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, neck and spinal injuries
- Bone, muscle and joint injuries
- Sudden Medical Emergencies
- Environmental Illnesses
- Poisons

*Includes any other content required by specific legislation*

## PARTICIPANT MATERIALS

- *Comprehensive Guide to First Aid & CPR* (eBook)
- Standard First Aid certification



## First Aid & CPR



Canadian  
Red Cross

**Training  
Partner**

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FIRST AID TRAINING