



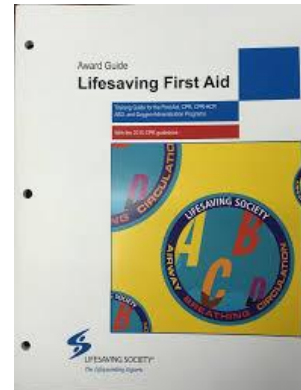
Emergency First Aid

Emergency First Aid is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include victim assessment, CPR, choking, and what to do for external bleeding, heart attack, stroke wounds, and burns. Includes CPR-B certification. There are no prerequisites for this course. The Standard First Aid course is the recommended first aid course through the Lifesaving Society, as the curriculum is more advanced, but for those only looking for a basic understanding of first aid, this course can be beneficial.

This course takes 7.5 hours and can be completed in one day.

Recertification

The Emergency First Aid recertification takes 4 hours to complete.



Standard First Aid – The Lifesaving Society

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. This course includes CPR-C certification, and there are no prerequisites for this course, however, this course is a prerequisite for the National Lifeguard course.

This course takes 15 hours divided over two days.

Recertification

Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than 3 years from the Standard First Aid date of issue. If more than three years have passed, award holders must repeat the full SFA Course. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency; however, they can be certified through the Lifesaving Society upon completion of the course. The Standard First Aid recertification takes 7.5 hours and is completed in one day.