

# CPR/AED



Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies depending on the level of CPR chosen. Courses meet legislation requirements for provincial/territorial worker safety and insurance boards, and include the latest CPR guidelines and training in the use of an automated external defibrillator (AED).

## DURATION

CPR A: 4 hours in-class OR 2 hours in-class + 3 hours online learning\*

CPR C: 5 hours in-class OR 3 hours in-class + 3 hours online learning\*

## INSTRUCTOR

CPR Instructor or 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 CPR Level A or C

## RECERTIFICATION

Recertification of CPR A is not available. Recertification for CPR C is 3.5 hours teaching time in-class OR 2 hours online learning + 2.5 hours in-class for Blended CPR.

*\*Note: Online learning time may vary depending on learner.*

## COURSE CONTENT

### Level A

- The Red Cross
- Responding to Emergencies
- Check, Call, Care
- Recovery position
- Choking – adult
- Assisting with medications
- Angina and heart attack
- Stroke
- CPR and AED – adult
- Deadly bleeding

### Level C

- Level A content
- Choking – child and baby
- CPR and AED – child and baby

*Includes any other content required by specific legislation*

## PARTICIPANT MATERIALS

- CPR (print and/or eBook)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- CPR – Online access (Blended only)
- CPR certificate (digital certificate issued upon successful completion)



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# Emergency First Aid



Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or 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: 6.5 hours in-class OR 3.5 hours in-class + 4 hours online learning\*\*

CPR C: 7.5 hours in-class OR 4.5 hours in-class + 4 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 Emergency First Aid and CPR Level A or C

## Recertification\*

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

CPR C: 5 hours in-class OR 4 hours in-class + 4 hours online learning\*\*

\*Recertification not available in all jurisdictions.

\*\*Online learning time will vary depending on the learner.

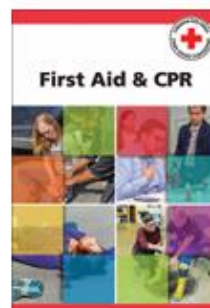
## Course Content

- 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

*Includes any other content required by specific legislation*

## Participant materials

- *First Aid & CPR* (print and/or eBook)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Emergency First Aid* – Online (Blended only)
- Emergency First Aid certificate (digital certificate issued upon successful completion)



# 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 7 hours in-class + 8 hours online learning\*

CPR C: 14 hours in-class OR 7 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: 7 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\*

*\*Online learning time will vary depending on the learner.*

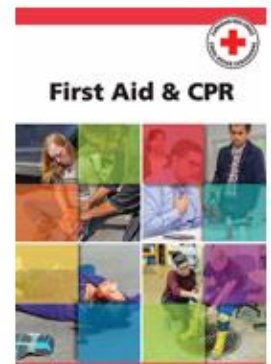
## COURSE CONTENT

- 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, 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

- *First Aid & CPR* (print and/or eBook)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Standard First Aid CPR A/C* – Online access
- Standard First Aid certificate (digital certificate issued upon successful completion)



Canadian  
Red Cross

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