

# 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

CPR C: 7.5 hours in-class

*\*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* – Online
- Standard First Aid certificate (digital certificate issued upon successful completion)

