## **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 (7-8 hours in Ontario). 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	۱
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	
	<ul> <li>Breathing and circulation emergencies</li> </ul>	
	<ul> <li>First aid for respiratory and cardiac arrest</li> </ul>	
	> 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) First Aid & CPR M.	Ianual
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Red Cross First Aid. The Experience to Make a Difference. www.redcross.ca/firstaid | 1.877.356.3226

