

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.

NEW! REGISTER ONLINE:
www.firstforsafety.ca

DURATION

SFA with CPR C: 14 Hours in-class

SFA with CPR HCP: 15 Hours in-class

*Level C includes Infant, Child, and Adult; Level HCP includes Level C as well as additional Health Care Provider content.

BLENDED LEARNING (Online + Classroom)

EFA with CPR Level C: 4.5 Hours in-class + 4 hours Online Learning

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

**Recertification must be completed PRIOR to expiry date on certification card*

CPR C: 7.5 hours in-class OR 4 hours in-class + 4 hours online learning*

CPR HCP: 8.5 hours in-class OR 5 hours in-class + 4 hours online learning

REGULATIONS

Meets Ontario WSIB Regulations for Workplaces of up to 5 Employees.

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 and spine injuries
- Bone, muscle and joint injuries
- Sudden Medical Emergencies
- Environmental Emergencies
- Poisons

Includes any other content required by specific legislation

PARTICIPANT MATERIALS

- *First Aid & CPR* (manual from the Canadian Red Cross) to borrow during course
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Standard First Aid CPR A/C – Online* access via PIN
- Standard First Aid certificate

PRICING

Certification: \$135 +HST

Recertification: \$100 +HST

*Group Rates available

*Student Discounts Available



**Training
Partner**

FIRST FOR SAFETY



TO REGISTER OR INQUIRE:

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