



**PUBLIC TRAINING LOCATIONS:**

**Midland:** First For Safety, 105 Fourth Street (Office)  
**Barrie:** CRC Office, 65 Cedar Pointe Drive, Unit 809  
**Collingwood:** Collingwood Legion, 490 Ontario Street

**THREE WAYS TO REGISTER:**

- ✓ **Phone:** (705) 526-3853
- ✓ **Email:** [jennifer@firstforsafety.ca](mailto:jennifer@firstforsafety.ca)
- ✓ **Online:** [www.firstforsafety.ca](http://www.firstforsafety.ca)



**STANDARD FIRST AID & CPR/AED**

**CERTIFICATION**

**\$135 +HST Two days: 9am to 5pm**

Includes CPR/AED Level C (Infant, Child, Adult) or Level A (adult only) upon request. Add **Health Care Provider Level** for \$15 +HST. Certification valid for three years. Meets Canada Labour Code and Ontario First Aid Regulation 1101 for all workplaces. WSIB-Approved training.

**MIDLAND**

- February 7 & 8
- February 20 & 21
- February 23 & 24
- March 4 & 5
- March 13 & 14
- March 19 & 20
- March 30 & 31

**BARRIE**

- February 21 & 22
  - March 28 & 29
  - April 16 & 17
- Online calendar for more dates!*

**RECERTIFICATION**

**\$100 +HST One day: 9am to 5pm**

Recertification ONLY valid for those within their expiry date of a full 2-day course. Again, Choose CPR Level C or A; Add **Health Care Provider Level** for \$15 +HST

**MIDLAND**

- January 30
- February 5
- February 23
- February 26
- March 7
- March 16
- March 27

*Online calendar for more dates!*

**BARRIE**

- January 24
- February 21
- March 9
- March 28
- April 16

**EMERGENCY FIRST AID & CPR/AED**

**\$100 +HST One day: 9am to 5pm**

Includes CPR/AED Level C (Infant, Child, Adult) or Level A (adult only) upon request. Add **Health Care Provider Level** for \$15 +HST. Certification valid for three years. Meets Canada Labour Code and Ontario First Aid Regulation 1101 for workplaces up to 5 Employees.

**MIDLAND**

- January 30
- February 5
- February 20
- February 23
- February 26
- March 4
- March 7
- March 16
- March 19
- March 27

*Online calendar for more dates!*

**BARRIE**

- January 24
- February 21
- March 9
- March 28

**CPR/AED (Stand Alone, no First Aid)**

**\$75 +HST CERTIFICATION**  
**\$60 +HST RECERTIFICATION**

Includes CPR/AED Level C (Infant, Child, Adult) or Level A (adult only) upon request. Add **Health Care Provider Level** for \$15 +HST. Certifications valid for three years. Recertification ONLY valid for those within their expiry date of a full CPR course.

**MIDLAND**

- January 30
- February 5
- February 20
- February 23
- February 26
- March 4
- March 7
- March 13
- March 16
- March 19
- March 27

**BARRIE**

- February 21
- March 9
- March 28

*Online calendar for more dates!*

Finish time for CPR candidates is at Instructor's discretion, **please be prepared to stay until 5pm**

**\$145 +HST Includes CPR/AED Level C Two days: 9am to 5pm**

Comprehensive 2-day course meets the requirements of Transport Canada publication 39008E for those in a commercial or recreational marine environment, those needing to provide first aid on a vessel engaged in near-coastal voyages, as well as those who need a rating certificate, endorsement, or a Master or Chief Mate limited certification. Hands-on training on Federal Marine regulations and first aid kit requirements. Course is equivalent to Standard First Aid for WSIB regulation considerations for workplaces in Ontario. Includes CPR/AED Level C. MBFA is a 3 Year Certification; Recertification is not permitted under federal regulations.




- April 6 & 7

**NEW! Training for Health Care Providers & Emergency Professionals**

**Basic Life Support (BLS)**

**Basic Life Support (BLS) Recertification**

**BLS**  **\$98.50 +HST**  
 Basic Life Support for Healthcare Providers **NEW** **1 Year Certification**

**BLS RECERT**  **\$80 +HST**  
 Basic Life Support for Healthcare Providers **Annual Recertification**

**MIDLAND**

**BARRIE**

- February 6
- February 27
- March 18
- March 23
- April 2
- April 12
- April 15

- March 12
- April 3
- April 24

*See our online calendar for more dates!*

Must be within expiry date of BLS or BLS Recert to attend this course. Multiple recertifications fine.

**MIDLAND**

**BARRIE**

- Dates Pending*

- Dates Pending*

**Oxygen Therapy**

**Airway Management**

**OXYGEN THERAPY**  **\$60 +HST w/BLS**  
 for Healthcare Providers and Professional Responders **NEW** **\$85 Stand Alone**  
**3 Year Certification**

**AIRWAY MANAGEMENT**  **\$60 +HST w/BLS**  
 for Healthcare Providers and Professional Responders **NEW** **\$85 Stand Alone**  
**3 Year Certification**

**MIDLAND**

**BARRIE**

- February 6
- February 27
- March 18
- March 23
- April 2
- April 12
- April 15

- March 12
- April 3
- April 24

*See our online calendar for more dates!*

**MIDLAND**

**BARRIE**

- February 6
- February 12
- February 27

- March 12
- April 3
- April 24

**HEALTH CARE PROVIDER BUNDLE PRICING**

**BLS + Oxygen Therapy + Airway Management (All in 1 day, 9am to 5pm) = \$200 +HST**

## Qualitative Respirator Fit Testing

N95, Half/Full Mask, SAR, SCBA

Whether you a respirator for work, you're required to be fit tested to ensure the make and model fit and meeting your needs. Our Qualitative Respirator Fit Testing exceeds CSA Standard Z94.4-02 on the selection, use, and care of respirators and includes both CSA-Training and a qualitative fit test using the most current test methods.

### Public Course Dates

\$35 +HST per person

April 5 10am

April 8 1 pm

### 1:1/Small Group Training

\$45 +HST per person

Call to schedule 705-526-3853



## NEW! Confined Space Safety

4 Hours (1/2 Day)

### \$145 + HST

Employers are responsible for providing the proper training, equipment, and supervision for confined spaces work. Course content covers the regulations pertaining to **Confined Spaces Regulations in Ontario Workplaces**, Rights and Responsibilities; Identifying hazards associated with confined spaces and their entry Safe work practices for working in confined spaces and for performing related work; Completing and following entry permits and plans; On-site rescue procedures and introduction into the use of relevant rescue equipment, and more.



See website for upcoming training dates or call Jennifer 705-526-3853

## WHMIS 2015

Full / Refresher: 3 Hours

### Full Course: \$65 + HST

### Refresher: \$45 +HST

Learn about the **Workplace Hazardous Materials Information System 2015** after its alignment with GHS, an internationally consistent approach to classifying chemicals and communicating hazard information through supplier and workplace labels, hazard recognition, and Safety Data Sheets (SDSs). Participants will learn about the new requirements (December 1, 2018 compliance deadline), how to understand labels and identify hazards and their classes, as well as understand the appropriate protective measures by reading the new Safety Data Sheets (SDSs). Hands on practice writing labels for workplace-specific hazards meets Ontario Regulations under the Occupational Health & Safety Act (OHSA).



February 11 9am to 12pm

April 16 9am to 12pm

## WORKING AT HEIGHTS Fundamentals of Fall Protection (IHSA)

First Time: 7 Hours

Refresher 3-4 Hours

IHSA's Module ① **Basic Theory (3 hours)** which is knowledge and theory based, covering rights and responsibilities, hazard identification, PPE requirements, warning methods, physical barriers, and ladder safety. **Module ② Practical (3 -4 hours)** includes hands-on demonstration of equipment and procedures and the proper use of fall protection gear. Candidates must complete both the theory and practical modules and demonstrate competency to complete the course and receive a temporary certificate upon completion. Certification valid for three years from date of issue.



### FULL COURSE

\$195 + HST; 9am to 4pm

January 23

February 25

March 22

March 28

April 11

April 23

### REFRESHER TRAINING

\$120 +HST

January 23 (4pm-8pm)

February 25 (4pm-8pm)

March 22 (4pm-8pm)

April 11 (4pm-8pm)

Anyone in Ontario working at Heights on a construction site or project is required to be trained in this program.

## **NEW! Propane Handling (TSSA Accredited)**

**4 Hours**

**\$145 + HST**

Safety standards for fuel are overseen by the Technical Standards and Safety Association (TSSA). Our TSSA program taught by a certified instructor meets training requirements for the three regulations pertaining to the use of gas-fired equipment, the specific hazards and safe handling of propane, and the storage and transportation of gas cylinders. Certificates of completion and records of training provided. Training required every three years.



See website for upcoming dates or call Jennifer 705-526-3853

**NEW COURSE AVAILABLE! Private groups of 4+ Participants**

✓ Elevated Work Platform – Scissor Lift, Boom-style Lift, etc.

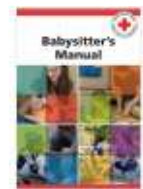
## **Red Cross Babysitters Course**

**11 years +**

**NEW! 2017 Revised course now includes more First Aid & CPR Content!**

**\$55 + HST**

- Please bring lunch, notebook and pencil case.
- Includes babysitters manual, course materials, and certificates included.
- Taught by an experienced Ontario Certified Teacher, Certified Youth Program Leader, and Canadian Red Cross Certified First Aid & CPR Instructor



**May 3**      **9am to 3pm**

## **Stay Safe! Home Alone Course**

**10 years +**

**First For Safety has combined the best parts of the Canada Safety Council Home Alone Program and the Canadian Red Cross Stay Safe! Program**

**\$35 + HST**

- Please bring lunch, notebook and pencil case.
- Includes course materials and a certificate of completion
- Taught by an experienced Ontario Certified Teacher, Certified Youth Program Leader, and Canadian Red Cross Certified First Aid & CPR Instructor

**March 12 (March Break)**      **9am to 12pm**