

Emergency First Aid & CPR Course



Canadian Red Cross

Information Sheet



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.

Simple First Aid and CPR techniques taught in an interactive environment, for individuals who need just an overview of First Aid and CPR.

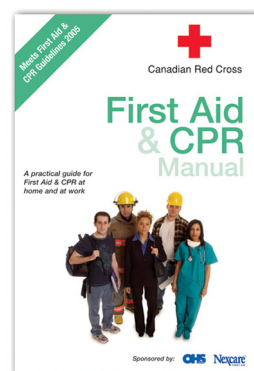
Duration	6.5–8 hours with flexible scheduling options
Instructor	Certified Red Cross First Aid Instructor
Completion	100% attendance, skills demonstration, and 75% min. passing grade at written exam
Certification	3-year certification in Emergency First Aid, CPR Level C*, and AED**
Recertification	4–6 hours; includes CPR Level C* (only where provincial/territorial legislation allows: MB, NL, NS, PE, SK) * CPR Level A where local legislation requires ** where local legislation permits

Course content

- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and circulation emergencies
- First Aid for respiratory and cardiac arrest
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)



4-colour manual
Participant-focused design
(charts, lists, index,
illustrations and photos)
Includes 10 quick reference cards



www.redcross.ca/firstaid | 1.877.356.3226

Red Cross First Aid. Prepare for life. ®