

Standard First Aid & CPR Course



Canadian Red Cross

Information Sheet



Includes the latest First Aid and CPR Guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid and CPR. Exceeds competitors' standards by including injury prevention content, CPR and AED.

Comprehensive First Aid and CPR techniques for those who need training for work requirements or who want more knowledge to respond to emergencies in the workplace.

Duration	14–16 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 Standard First Aid, CPR Level C*, and AED**
Recertification	6–8 hours; includes CPR Level C*, adheres to local legislation

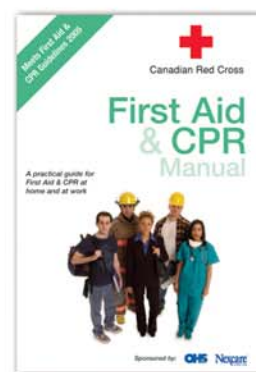
*CPR Level A where local legislation requires **where local legislation permits

Course content

- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and circulation emergencies
- First Aid for respiratory and cardiac arrest
- Head and spine injuries
- Bone, muscle and joint injuries
- Wound care
- Sudden medical emergencies
- Environmental emergencies

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



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