

FIRST AID / CPR TRAINING

Standard Level C

Legal Requirements

Ontario Regulation 213—Section 26.2(1),(2),(3),(4)
Ontario Regulation 851—Section 85

COURSE OBJECTIVES

The Standard First Aid and CPR course teaches the skills necessary to manage medical emergencies and render life-saving care until professional help arrives. This course includes skill stations and scenario-based learning applications. A written exam is included in the course requirements.

This course, recognized by the WSIB, is required for workplaces with more than 5 workers on a shift (WSIB Reg.1101). It is ideal for individuals interested in acquiring first aid knowledge and skills.

COURSE LENGTH: 16 hours

COURSE INCLUDES: Training Manuals, Wall Certificate, Wallet Cards, Records of Training, Attendance Record, Tests

*Certification is valid for two years; and when a one-day recertification course is successfully completed, it is valid for an additional three years.

LOCATION: On-site / Our Training Facility

PRICE: \$130.00 per person* *plus HST
Minimum group size - 8 participants
Maximum group size - 20 participants

This course is approved federally by Human Resources Skills and Development Canada (HRSDC) and provincially by each applicable WSIB/WCB

COURSE CONTENT

- The law
- Communicable diseases
- Airway, breathing, and circulation
- Rescue breathing
- (Adult/Child/Infant) CPR
- CPR Skills
- Automated External Defibrillation
- Heart attacked and stroke
- Choking (conscious/unconscious)
- Shock
- Wounds and bleeding
- Muscular/skeletal emergencies
- Head and spinal emergencies
- Burns
- Respiratory emergencies
- Seizures
- Diabetic emergencies
- Poisoning
- Triage
- Crisis intervention

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