

# Help Save Lives

**Emergencies can happen anytime, anywhere.**

Do you know what to do in an emergency? With proper training you could save a life.

Whether at home, at work or out in the community, working knowledge of First Aid and CPR is an important skill for everyone, including parents, teachers, caregivers, employees and volunteers.

First aid is a valuable life skill that is applicable in any environment. It provides people with the rescue skills to manage illness or injuries while accessing emergency services. First aid training also has an injury prevention role as research has shown that individuals with first aid training are less likely to become injured.

Taught by experienced, certified instructors, courses meet the federal and provincial requirements for Standard First Aid and CPR.

First Aid certification is valid for 3 years.

Recertification courses are also available and must be taken prior to your certificate expiry date.

## Second Try ASSURANCE

If you fail a course (excludes recertifications), you may retake the course one additional time for just the cost of the examination fee. To be eligible, 100% attendance, participation, and completion of all assignments is required. Not applicable to program withdrawals.

Want to run a course with just your team?  
or want us to come to you?  
Email us to find out more.

## 3 WAYS TO Register

By Phone  604-501-5100

Go Online  [www.surrey.ca/register](http://www.surrey.ca/register)

In Person  At any Surrey Parks, Recreation & Culture facility

Or for more information contact:  
Aquatic Leadership & First Aid office 604-591-4018  
email [AquaticTraining@surrey.ca](mailto:AquaticTraining@surrey.ca)

# Learn FIRST AID & CPR

through the City of Surrey

Aquatic Leadership & First Aid Training

RECREATION SURREY

Healthy Communities. Active Together.



ADULT • CHILD • INFANT

## CPR C

ONE-DAY  
COURSE

5  
HOURS

No previous  
training required!

Be prepared to save a life! Knowing how to activate EMS, perform CPR, and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR C with AED teaches the skills needed to help adults, children and infants.

No previous training required.

### Learn...

- Introduction to First Aid
- The EMS System
- The Rescue Process
- CPR - Adult, Child, Infant
- Automated External Defibrillator
- Obstructed Airways
- Heart Attack and Strokes
- Deadly Bleeding

*Basic Life Support Responder (formally HCP) is also available. please contact Aquatic Leadership & First Aid for more info)*

*This course includes Bag-Valve-Masks, Pulse Checks, Team Approach to rescues*

EMERGENCY

## First Aid & CPR

ONE-DAY  
COURSE

8  
HOURS

No previous  
training required!

Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

No previous training required.

### Learn...

- Introduction to First Aid
- The Rescue Process
- CPR - Adult, Child, Infant
- Automated External Defibrillator
- Obstructed Airways
- Respiratory Emergencies
- Circulatory Emergencies
- Medical Emergencies
- Injury Management
- Mental Health Emergencies

STANDARD

## First Aid & CPR

TWO-DAY  
COURSE

16  
HOURS

No previous  
training required!

Standard First Aid trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies. Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course is a prerequisite for the National Lifeguard Program

No previous training required.

### Learn...

- Introduction to First Aid
- The Rescue Process
- CPR - Adult, Child, Infant
- Automated External Defibrillator
- Obstructed Airways
- Respiratory Emergencies
- Circulatory Emergencies
- Medical Emergencies
- Injury Management
- Mental Health Emergencies
- Head, Neck, and Spinal Injuries
- Bone, Muscle, and Joint Injuries
- Sudden Medical Emergencies
- Environmental Emergencies
- Poisons