

STANDARD

# First Aid & CPR

TWO-DAY  
COURSE

16  
HOURS

No previous  
training required!

Comprehensive two-day course offering first aid and CPR skills for those who need training for work or who want more knowledge to respond to emergencies at home. Meets federal and provincial regulations for Standard First Aid and CPR.

No previous training required.

### *Learn...*

- Preparing to Respond
- The EMS System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- First Aid for Respiratory and Cardiac Arrest
- CPR – Adult, Child, Infant
- Wound Care
- Head and Spine Injuries
- Bone, Muscle and Joint Injuries
- Sudden Medical Emergencies
- Environmental Emergencies
- Poisons
- Automated External Defibrillator (AED)

EMERGENCY

# First Aid & CPR

ONE-DAY  
COURSE

8  
HOURS

No previous  
training required!

Basic one-day course offering an overview of first aid and CPR skills for the workplace or home. Meets OHS regulations for Basic First Aid.

No previous training required.

### *Learn...*

- Preparing to Respond
- The EMS System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- First Aid for Respiratory and Cardiac Arrest
- CPR – Adult, Child, Infant
- Wound Care
- Automated External Defibrillator (AED)

ADULT · CHILD · INFANT

# CPR C

ONE-DAY  
COURSE

5  
HOURS

No previous  
training required!

CPR courses provide the skills needed to recognize and respond to cardiovascular emergencies and choking in adults, children and babies.

No previous training required.

### *Learn...*

- The First Aider's Role
- Check, Call, Care
- HAINES Recovery Position
- Airway Emergencies
- Assisting with Medications
- Angina, Heart Attack, Stroke
- CPR – Adult, Child, Infant
- Deadly Bleeding
- Automated External Defibrillator (AED)