**STANDARD**

First Aid & CPR

- **TWO-DAY COURSE**
- **16 HOURS**
- 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!

**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.

**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)