

Emergency First Aid

Basic one-day course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Includes the latest first aid and CPR guidelines. Meets OHS regulations for Basic First Aid. Exceeds competitors' standards by including injury prevention content, CPR and AED.



Duration	6.5–8 hours (7–9 hours in Ontario)
Instructor	Red Cross First Aid Instructor or Instructor Trainer
Completion	100% attendance, skills demonstration, and 75% min. passing grade on written exam
Certification	3-year certification in Emergency First Aid, CPR level A, C, or HCP and AED
Recertification	Where provincial/territorial legislation allows; 5–6 hours; includes CPR Level A, C, or HCP
Course Content	<ul style="list-style-type: none"> ■ Preparing to respond ■ The EMS system ■ Check, Call, Care ■ Airway emergencies ■ Breathing and circulation emergencies ■ First aid for respiratory and cardiac arrest ■ Wound care <p><i>Includes any other content required by specific legislation</i></p>
Take-Home Materials	<p><i>First Aid & CPR Manual</i></p> <p>Certification card and optional wall certificate (or as required by legislation)</p> 