



## Standard First Aid (Intermediate) – CPR Level A & C

This comprehensive two-day course provides in-depth first aid training for a wide range of medical emergencies. Learners will develop knowledge and skills in CPR, AED use, choking response, circulation emergencies, wound care, fracture management, sudden medical emergencies and more. With a mix of theory, hands-on practice, and real-life scenarios, this course equips individuals with the knowledge and skills to provide effective first aid in various emergency situations. Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace. This course aligns with CSA Intermediate First Aid (Z1210-17). Ideal for workplaces, community members, and anyone seeking a well-rounded first aid certification for use at work, in the community, or home.

### Duration

- Standard First Aid CPR A: 13 hours in-class\* OR 8 hours online learning\*\* + 7 hours in-class\*
- Standard First Aid CPR C: 14 hours in-class\* OR 8 hours online learning\*\* + 7.5 hours in-class\*.

### Prerequisites

None

### Completion Criteria

- Demonstrate a working competency in all required skills.
- Achieve a minimum score of 75% on a written, closed-book knowledge evaluation completed independently.
- Attend and actively participate in 100% of the course.
- Must adhere to the Fundamental Principles of the Red Cross.

### Certification

3-year certification in Standard First Aid and CPR Level A or C (digital certificate issued upon successful completion)



### Recertification\*\*\*

- Standard First Aid CPR A: 7 hours in-class\*
- Standard First Aid CPR C: 7.5 hours in-class\*

\* *The teaching time does not include breaks.*

\*\**Online learning time will vary depending on the learner.*

\*\*\**Recertification not available in all jurisdictions.*

### Course Content

- The Red Cross
  - Responding to Emergencies
  - Check, Call, Care
  - Choking
  - Circulation Emergencies
  - CPR and AED
  - Breathing Emergencies
  - Wound Care
  - Head, Neck, Spine and Pelvis Injuries
  - Bone, Muscle and Joint Injuries
  - Sudden Medical Emergencies
  - Environmental Illness
  - Poisons
- ✓ **Includes opioid poisoning awareness information**
- ✓ **Includes any other content required by the Provincial or Federal Authority Having Jurisdiction.**

### Learner Materials

- First Aid & CPR (print and/or eBook)
- Comprehensive Guide to First Aid & CPR (eBook)
- Standard First Aid CPR A/C – Online access (Blended Only)
- Standard First Aid / Canadian Standards Association (CSA) Intermediate certificate (digital certificate issued upon successful completion)