



Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies depending on the level of CPR chosen. Courses meet legislation requirements for provincial/territorial worker safety and insurance boards, and include the latest CPR guidelines and training in the use of an automated external defibrillator (AED).

DURATION

CPR A: 4 hours in-class OR 2 hours in-class + 3 hours online learning*

CPR C: 5 hours in-class OR 3 hours in-class + 3 hours online learning*

INSTRUCTOR

CPR Instructor or First Aid Instructor

PREREQUISITE

None

COMPLETION

- Successfully demonstrate skills and critical steps
- Min. 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

CERTIFICATION

3-year certification in CPR Level A or C

RE-CERTIFICATION

Recertification of CPR A is not available. Recertification for CPR C is 3.5 hours teaching time in-class OR 2 hours online learning + 2.5 hours in-class for Blended CPR.

**Note: Online learning time may vary depending on learner.*

COURSE CONTENT

Level A

- The Red Cross
- Responding to Emergencies
- Check, Call, Care
- Recovery position
- Choking – adult
- Assisting with medications
- Angina and heart attack
- Stroke
- CPR and AED– adult
- Deadly bleeding

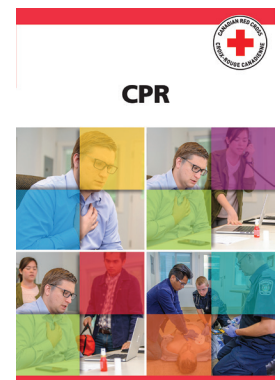
Level C

- Level A content
- Choking – child and baby
- CPR and AED – child and baby

Includes any other content required by specific legislation

PARTICIPANT MATERIALS

- CPR (manual from the Canadian Red Cross)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- CPR – Online access via PIN (Blended only)
- CPR certificate



Canadian
Red Cross

**Training
Partner**

To register for an upcoming course or for further information, please contact us at 905-240-0092 or info@durhamfirstaid.com.

Let us give you and your staff the confidence and personal knowledge needed to help in an emergency.