



Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

## DURATION

CPR A: 6.5 hours in-class OR 3.5 hours in-class + 4 hours online learning\*

CPR C: 7.5 hours in-class OR 4.5 hours in-class + 4 hours online learning\*

## INSTRUCTOR

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 Emergency First Aid and CPR Level A or C

## RECERTIFICATION

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

CPR C: 5 hours in-class OR 4 hours in-class + 4 hours online learning\*

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

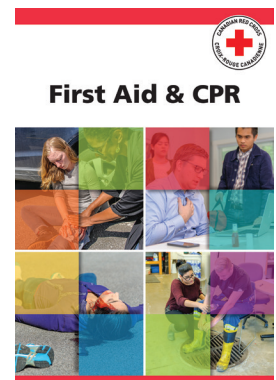
## COURSE CONTENT

- The Red Cross
- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care

*Includes any other content required by specific legislation*

## PARTICIPANT MATERIALS

- *First Aid & CPR* (manual from the Canadian Red Cross)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Emergency First Aid CPR – Online* access via PIN (Blended only)
- Emergency First Aid 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](mailto:info@durhamfirstaid.com).

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