

# Standard First Aid & CPR

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home.

Includes the latest first aid and CPR guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid and CPR. Exceeds competitors' standards by including injury prevention content, CPR and AED.



## Cost

\$110.00; Contact us for Corporate and Group Rates.

## Duration

14-16 hours. Flexible scheduling options.

## Instructor

Red Cross First Aid Instructor or Instructor Trainer

## Completion Requirements

100% attendance, skills demonstration, and 75% min. passing grade on written exam

## Certification

3-year certification in Standard First Aid, CPR Level A, C, or HCP and AED

## Recertification

Where provincial/territorial legislation allows; 8 hours; includes CPR Level C

## Course Content

- > Preparing to respond
- > The EMS system
- > Check, Call, Care
- > Airway emergencies
- > Breathing and circulation emergencies
- > First aid for respiratory and cardiac arrest
- > Wound care
- > Head and spine injuries
- > Bone, muscle and joint injuries
- > Sudden medical emergencies
- > Environmental emergencies
- > Poisons

*Includes any other content required by specific legislation*



## Take Home Materials

Red Cross First Aid & CPR Manual  
Certification card and optional wall certificate  
(or as required by legislation)



## Impact Training & Consulting

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