

## Training & Courses

### CPR

#### Adult/Child CPR Level A



##### Description

The Adult/Child CPR course teaches participants an approach for managing adults and children, of more than one year of age, in cardiac medical emergencies and how to render life-saving care until professional help arrives.



##### Target Audience

This course is suitable for individuals who require cardiopulmonary resuscitation skills for their job and those who have an interest in learning CPR.



##### Topics

- Airway, breathing, circulation
- Rescue breathing
- Adults
- Heart attack
- Choking (conscious/unconscious)
- Stroke
- Communicable diseases
- Signs/symptoms of heart disease
- Cardiovascular risk factors
- Safety and accident prevention



##### Duration

- 4 hours



##### Certification

Participants receive a wallet card for CPR Level A.  
Certification is valid for one year.

\*\* Handouts include : Active Canadian First Aid, CPR & AED Reference Manual