

Training & Courses

First Aid

Standard First Aid/CPR Level C



Description

The Standard First Aid and CPR course teaches the skills necessary to manage medical emergencies and render life-saving care until professional help arrives. This course includes skill stations and scenario-based learning applications. A written exam is included in the course requirements.



Target Audience

This course, recognized by the WSIB, is required for workplaces with more than 5 workers on a shift (WSIB Reg. 1101). It is ideal for individuals interested in acquiring first aid knowledge and skills.



Topics

- The law
- Communicable diseases
- Airway, breathing, and circulation
- Rescue breathing
- (Adult/Child/Infant) CPR
- CPR Skills
- Automated External Defibrillation
- Heart attack and stroke
- Choking (conscious/unconscious)
- Shock
- Wounds and bleeding
- Muscular/skeletal emergencies
- Head and spinal emergencies
- Burns
- Respiratory emergencies
- Seizures
- Diabetic emergencies
- Poisoning
- Triage
- Crisis intervention



Duration

- 16 hours



Certification

Each participant receives a wall certificate and a wallet card for Standard First Aid and CPR Level C. Certification is valid for two years; and when a one-day recertification course is successfully completed, it is valid for an additional two years.

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