



<http://www.firstaidtrainingjunction.ca>

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Standard First Aid

Overview

Canadian Red Cross core First Aid & CPR courses offer lifesaving first aid skills. All courses cover cardiopulmonary resuscitation (CPR) for adults, children, and babies (according to the level of CPR included). Courses meet legislation requirements for provincial/territorial workers' safety and insurance boards. Courses offer skills for individuals needing training for the workplace or for those interested in having first aid skills so they can respond to emergencies at home

Description:

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training for work requirements or who want more knowledge to respond to emergencies at home. Course covers a variety of topics from basic (circulation and breathing emergencies, and prevention of disease transmission) to in-depth (sudden medical emergencies and injuries to the head and/or spine).

Course Length:

14–16 hours of teaching time

Completion Criteria:

- Ability to comprehend and successfully demonstrate the skills and pass a knowledge evaluation with a minimum mark of 75%
- Must meet additional legislative requirements, if applicable
- Participants must attend and participate in 100% of the course
- Instructors can facilitate the knowledge evaluation as legislation dictates and/or as participants require

Pre-course Requirements:

None

Course Content:

- The Red Cross
- Preparing to Respond
- The Emergency Medical Services System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- Respiratory and Cardiac Arrest (including CPR A, C, or HCP)
- Wound Care
- Head and Spine Injuries
- Bone, Muscle, and Joint Injuries
- Sudden Medical Emergencies
- Environmental Emergencies
- Poisons

Additional content may be included based on the requirements of the jurisdiction.

Certification:

- Certification card and optional wall certificate
- 3 years

Recertification:

For recertification, the standards remain the same with the following variations:

- Only 6–8 hours of teaching required
- Proof of current Standard First Aid Certification (or as legislation dictates) required
- Participants are not required to purchase an additional *First Aid & CPR Manual*