



## Basic Life Support



Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and provide the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation. Airway Management and Oxygen Therapy can also be added as additional certifications to this course.

### Audience

In-facility care providers, including nursing staff, care aides, medical and dental professionals.  
Pre-hospital care providers, which may include professionals in a fire service, rescue team, sports-medicine, lifeguards and ski patrol.

### Duration

- Stand-alone course – 4 hours
- With Airway Management – 5 hours
- With Oxygen Therapy – 5 hours
- With Airway Management and Oxygen Therapy – 6 hours

### Prerequisites

None

### Completion

- Successfully demonstrate all course skill competencies
- Minimum 75% mark for written, closed book, knowledge evaluation
- Attend and participate in 100% of the course

### Certification

1-year certification in Basic Life Support (digital certificate issued upon successful completion)

### Recertification

2 hours

### Course Content

- Glove removal
- Primary Assessment
- Cardiopulmonary Resuscitation (CPR)
- Airway Obstruction
- Assisted Ventilation
- Basic Life Support special considerations

### Participant Materials

- *Canadian Red Cross Basic Life Support Field Guide*

## Standard First Aid



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. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

### DURATION

CPR A: 13 hours in-class OR 5.5 hours in-class + 8 hours online learning\*

CPR C: 14 hours in-class OR 7.5 hours in-class + 8 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 Standard First Aid and CPR Level A or C

### RECERTIFICATION

CPR A: 6.5 hours in-class OR 3 hours in-class + 4 hours online learning\*

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

*\*On-line learning time will vary depending on the learner.*

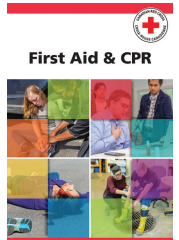
### COURSE CONTENT

- 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
- Head, neck and spinal injuries
- Bone, muscle and joint injuries
- Sudden Medical Emergencies
- Environmental Illnesses
- Poisons

*Includes any other content required by specific legislation*

### PARTICIPANT MATERIALS

- *First Aid & CPR* (print and/or eBook)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Standard First Aid CPR A/C* – Online access
- Standard First Aid certificate (digital certificate issued upon successful completion)



**Training Partner**

