

Be prepared for the unexpected

First Aid & CPR knowledge can help you protect yourself and those close to you

Learning First Aid & CPR is as essential as learning to walk or to read. First Aid & CPR skills are applicable in your daily life, both at home and at work, and prepare you to act on, control, and manage life's emergencies. Before a professional responder arrives to help, you can make all the difference in helping someone in need.

Canadian Red Cross First Aid & CPR training is basic knowledge delivered in **easy-to-follow steps** – we teach you simple routines that you can apply to a variety of situations, from small injuries and conditions to more severe injuries. This knowledge can turn you from a helpless bystander into someone who can save a life and has the knowledge and skills to help.

We created our courses with you, our participant, in mind – to make it as easy as possible for you to attend a course and retain the information. Courses are offered with flexible schedule options to adapt to your busy lifestyle. During the course, our well-trained **Red Cross First Aid Instructors** monitor your progress and provide you with continuous feedback to help increase your skill retention. The take-home materials are colourful and easy to use, with checklists and step-by-step photos, and can be used as quick reference after the course as well.



Our courses are based on a combination of teaching techniques that include:

- DVD support (filmed material)
- PowerPoint presentation
- Instructional Posters
- Skills demonstration and practise
- Scenarios
- Exercises
- Class discussions and Q&A

You will practise on a **variety of training materials** to help you develop your skills, such as mannequins for practising CPR, AED trainers, bandages, splinting materials, barrier devices, first aid kits, epinephrine auto-injector trainers, Metered Dose Inhalers and spacers etc.

Training tips:

- *First Aid & CPR knowledge should not be the sole responsibility of only one member of a family. We can all help if an emergency occurs. Make the training session a family experience and benefit from special pricing.*
- *Children and younger family members can also learn what to do in an emergency situation. Please check with us on the availability of First Aid training courses for children and youth.*

For more information, or to register for Red Cross First Aid & CPR training, please contact us:



Save-A-Life
CPR & First Aid Training

(519) 624-3986

TOLL FREE: 1-866-624-3986

www.redcross.ca | 1.877.356.3226

Canadian Red Cross Standard First Aid & CPR Course

**Includes 2005 First
Aid & CPR
Guidelines.**

Comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. The course covers a variety of topics from basic (such as cardiovascular and breathing emergencies, CPR Level A, prevention of disease transmission) to in-depth topics, such as sudden medical conditions and injuries to the head and spine.

About this course

- 14–16-hour course with flexible scheduling options
- Includes CPR Level A (for workplace and general public) or CPR Level B (for families, parents, general public, and child care professionals)
- Provides you with a 3-year valid certification recognized in the workplace (you can take a short recertification session every 3 years)
- Includes AED certification (where local legislation permits)

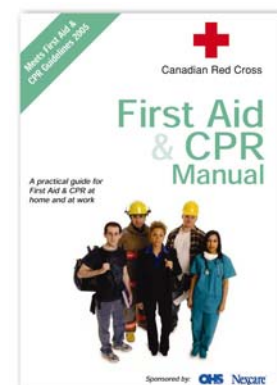
What you will learn

- How to respond to emergencies
- The EMS system
- The 3 key principles in First Aid – Check, Call, Care
- How to deal with:
 - Airway Emergencies
 - Breathing & Circulation Emergencies
- First Aid for:
 - Respiratory & Cardiac Arrest
 - Head & Spine Injuries
 - Bone, Muscle & Joint Injuries
- Wound Care
- How to deal with sudden medical conditions and environmental emergencies

Take-home materials

- Red Cross **First Aid & CPR Manual** **NEW**
- Certification card

**Sign up for the Canadian Red Cross Standard
First Aid & CPR course today!**



Canadian Red Cross Emergency First Aid & CPR Course

Includes 2005 First Aid & CPR Guidelines.

Simple First Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First Aid & CPR for home or the workplace. The course covers skills needed to recognize and respond to cardiovascular emergencies for adults (CPR Level A) and other topics such as choking, airway and breathing emergencies, and prevention of disease transmission.

About this course

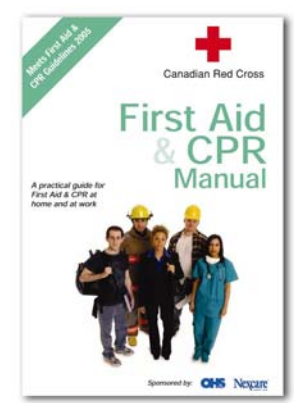
- 6.5–8-hour course with flexible scheduling options
- Includes Level A CPR (for workplace and general public) or CPR Level B (for families, parents, general public, and child care professionals)
- Provides you with a 3-year valid certification recognized in the workplace
- Includes AED certification (where local legislation permits)

What you will learn

- How to respond to emergencies
- The EMS system
- The 3 key principles in First Aid - Check, Call, Care
- How to deal with
 - Airway Emergencies
 - Breathing & Circulation Emergencies
- First Aid for Respiratory & Cardiac Arrest

Take-home materials

- Red Cross **First Aid & CPR Manual** NEW
- Certification card



Sign up for the Canadian Red Cross Emergency First Aid & CPR course today!

Canadian Red Cross CPR/AED Course

About this course

- CPR Levels for community training:
 - **Level A:** covers skills needed to recognize and respond to cardiovascular emergencies and choking for people aged 8 and over; intended for workplace and general public; 4 hrs
 - **Level B:** covers skills needed to recognize and respond to cardiovascular emergencies and choking in Adults, Children, and Babies; intended for families, parents, general public, and child care professionals; 5 hrs
- AED included where local legislation permits
- 3-year certification or as medical control allows. After 3 years Red Cross recommends that the course be retaken.

Course content

Level A

- Adult CPR – one rescuer
- Adult Choking
- Barrier device/pocket masks
- AED where legislation permits

Level B

- Adult/Child/Baby CPR – one rescuer
- Adult/Child/Baby Choking
- Barrier device/pocket masks
- AED where legislation permits

Take-home materials

- Red Cross **CPR/AED Manual** **NEW**
- Certification card

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