

Because your workplace relies on well-trained employees

for the best training in First Aid & CPR, choose the Canadian Red Cross

First Aid & CPR training is mandatory for employees in the workplace; but, unlike most other types of safety training, these skills and knowledge are **also applicable to an individual's daily life.** This is why we teach people First Aid & CPR in easy-to-follow steps, empowering them to act on, prevent, and manage life's emergencies.



The Canadian Red Cross offers a wide variety of First Aid and CPR training courses to help workplaces be compliant with both federal and provincial/territorial **occupational health and safety legislation** – with the **scheduling flexibility** needed by decision-makers and the **user-friendliness** needed by course participants.

The courses are taught by **well-trained Red Cross First Aid Instructors** who can tailor the course based on class composition and provide continuous feedback during the course to help increase participant's skill retention.

Courses are based on a combination of teaching techniques that include:

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

Practical hands-on components are supported by a **variety of training materials**, based on course requirements, such as mannequins for practising CPR, AED trainers, bandages, splinting materials, barrier devices, first aid kits, auto-injector trainers, inhalers etc.

Training tips:

- *Make sure that at all times you have the required number of First Aid & CPR certified employees on site by taking into account:*
 - *Employees' vacation time and leave*
 - *Increases in the number of employees and staff turn-over*
 - *Expiration dates of employee certifications*
- *Schedule to train several employees at a time to benefit of group rates or set-up an annual training contract to benefit of special training packages*

For more information on scheduling 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

Canadian Red Cross Workplace Standard First Aid & CPR Course

Includes 2005 First Aid & CPR Guidelines. Meets OHS regulations for Standard First Aid.

Comprehensive First Aid & CPR techniques for those who need training for work requirements, or who want more knowledge to respond to emergencies in the workplace or home. 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
- 3-year certification in Standard First Aid & CPR Level A
- Includes CPR Level A (CPR information is enhanced to meet specific workplace needs)
- Includes AED certification (where local legislation permits)
- Conducted by a certified Red Cross First Aid Instructor

Who should attend

Any employee can attend this course. No prerequisite is required; however, local legislation must be followed where applicable. No pre-course assignment is required.

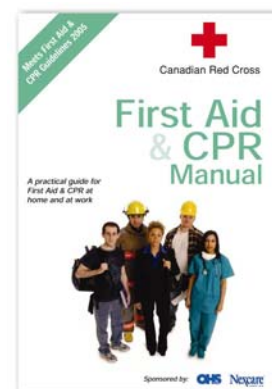
Course content

- | | |
|---|---|
| <input type="checkbox"/> Preparing to Respond | <input type="checkbox"/> Head & Spine Injuries |
| <input type="checkbox"/> The EMS System | <input type="checkbox"/> Bone, Muscle & Joint Injuries |
| <input type="checkbox"/> Check, Call, Care | <input type="checkbox"/> Wound Care |
| <input type="checkbox"/> Airway Emergencies | <input type="checkbox"/> Sudden Medical Emergencies |
| <input type="checkbox"/> Breathing & Circulation Emergencies | <input type="checkbox"/> Environmental Emergencies |
| <input type="checkbox"/> First Aid for Respiratory & Cardiac Arrest | <input type="checkbox"/> Written exam (min. passing grade: 75%) |

Take-home materials

- Red Cross **First Aid & CPR Manual** **NEW**
- Certification card and optional wall certificate (or as required by legislation)

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



Canadian Red Cross Workplace Emergency First Aid & CPR Course

Includes 2005 First Aid & CPR Guidelines. Meets OHS regulations for Basic First Aid.

Simple First Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First Aid & CPR for the workplace or home. The course covers skills needed to recognize, prevent 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
- 3-year certification (or as legislation dictates) in Emergency First Aid & CPR Level A
- Includes CPR Level A (CPR information is enhanced to meet specific workplace needs)
- Includes AED certification (where local legislation permits)
- Conducted by a certified Red Cross First Aid Instructor

Who should attend

Any employee can attend this course. No prerequisite is required; however, local legislation must be followed where applicable. No pre-course assignment is required.

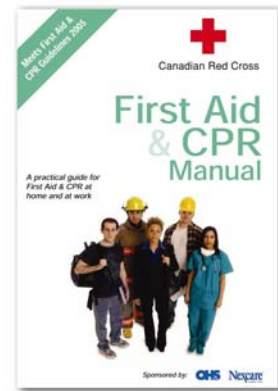
Course content

- Preparing to Respond
 - The EMS System
 - Check, Call, Care
 - Airway Emergencies
 - Breathing & Circulation Emergencies
 - First Aid for Respiratory & Cardiac Arrest
 - Written exam (min. passing grade: 75%)
- Includes any other content required by specific legislation*

Take-home materials

- Red Cross **First Aid & CPR Manual** **NEW**
- Certification card and optional wall certificate (or as required by legislation)

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Canadian Red Cross CPR/AED Course

Includes 2005 CPR Guidelines.

This course is designed to provide various levels of CPR training based on participant's background, needs and interest. A presentation on how to use an Automated External Defibrillator, AED, (and certification) is also provided with the course where legislation permits.

About this course

- 3-year certification or as medical control allows, or legislation or professional designation dictates
- AED content and certification included where local legislation permits
- Conducted by a certified Red Cross First Aid or CPR Instructor
- No prerequisite is required; however, location legislation must be followed where applicable. No pre-course assignment is required.

Course content

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

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

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

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

Level C

Covers all CPR Level B course material and includes two-rescuer Adult/Child CPR; intended for professional rescuers, (i.e. Police, Firefighters, First Responders, Workplace First Aid Teams, and Lifeguards); 6 hrs

- Adult/Child/Baby CPR - one rescuer
- Adult/Child/Baby choking
- Barrier device/pocket masks
- AED where legislation permits
- Rescue Breathing
- Adult/Child – 2-rescuer CPR

Level HCP (Healthcare Provider)

Covers all CPR Levels course material plus 2-person Baby CPR and use of a Bag-Valve-Mask; intended for healthcare providers (physicians, nurses, paramedics and Allied Healthcare Providers – RT, OT, PT); 6 hrs. This level meets all ILCOR guidelines.

- Adult/Child/Baby CPR - one rescuer
- Adult/Child/Baby choking
- Barrier device/pocket masks
- AED
- Rescue Breathing
- Adult/Child/Baby – 2-rescuer CPR
- BVM

Take-home materials

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

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