

# Emergency First Aid & CPR Course



Canadian Red Cross

## Fact Sheet



**Includes the latest First Aid and CPR Guidelines. Meets OHS regulations for Basic First Aid. Exceeds competitors' standards by including injury prevention content, CPR and AED.**

Simple First Aid and CPR techniques taught in an interactive environment, for individuals who need just an overview of First Aid and CPR.

<b>Duration</b>	6.5–8 hours with flexible scheduling options
<b>Instructor</b>	Certified Red Cross First Aid Instructor
<b>Completion</b>	100% attendance, skills demonstration, and 75% min. passing grade at written exam
<b>Certification</b>	3-year certification in Emergency First Aid, CPR Level C*, and AED**
<b>Recertification</b>	4–6 hours; includes CPR Level C* (only where provincial/territorial legislation allows: MB, NL, NS, PE, SK)

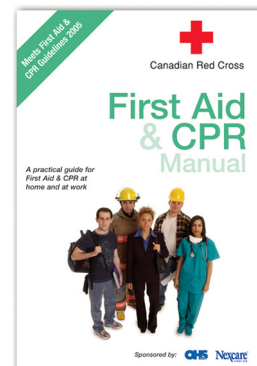
\*CPR Level A where local legislation requires \*\*where local legislation permits

### Course content

- Preparing to respond
  - The EMS system
  - Check, Call, Care
  - Airway emergencies
  - Breathing and circulation emergencies
  - First Aid for respiratory and cardiac arrest
- Includes any other content required by specific legislation*

### Take-home materials

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



4-colour manual  
Participant-focused design  
(charts, lists, index,  
illustrations and photos)  
Includes 10 quick reference cards

[www.redcross.ca/firstaid](http://www.redcross.ca/firstaid) | 1.877.356.3226

Red Cross First Aid. Prepare for life. ®