

INTERMEDIATE FIRST AID & CPR/AED LEVEL A

RECERTIFICATION

FORMERLY KNOWN AS STANDARD FIRST AID & CPR/AED LEVEL A ADULTS

A Intermediate (Standard) First Aid and cardiopulmonary resuscitation (CPR) Level A recertification course is comprehensive and teaches the skills required in adult emergencies. This course covers all the material in emergency first aid training as well as additional topics. Learning refreshes life-threatening situations like bleeding, heart attack, stroke, choking, wound care, head and spine injuries among others. Remaster how to accurately assess a person's condition and how to safely intervene in an emergency.

As an approved Canadian Red Cross training partner, WHSC delivers this complete review of all Standard First Aid & CPR/AED Level A topics, in addition to the latest first aid and cardiopulmonary resuscitation (CPR) guidelines and training in the use of an automated external defibrillator (AED). The course is aligned with CSA Z1210:24 and meets legislative requirements for provincial/territorial worker safety and insurance boards (WSIB approved).



DURATION	7.5 hours	KEY LEARNING OBJECTIVES ▶ Responding to emergencies ▶ Emergency Medical System (EMS 9-1-1) ▶ Check, call, care ▶ Recovery position ▶ Choking for adults ▶ Assisting with medications ▶ Managing angina, heart attacks, and stroke/transient ischemic attack (TIA) ▶ CPR and AED application for adults ▶ Responding to deadly bleeding ▶ Circulation emergencies ▶ Breathing emergencies (anaphylactic shock and asthma) ▶ Wound care ▶ Head and spine injuries ▶ Bone, muscle and joint injuries ▶ Sudden medical emergencies ▶ Environmental emergencies ▶ Poisons (including opioid poisoning) <i>Includes any other content required by specific legislation.</i>
DELIVERY METHOD	In-class, instructor-led	
PREREQUISITES	▶ Current and valid Intermediate (Standard) First Aid & CPR/AED Level A certification (must not be expired) from a Canadian first aid provider aligned with CSA Z1210:24. ▶ Must not be a recertification, Intermediate (Standard) First Aid can only be recertified once.	
CERTIFICATION	3-year certification in Intermediate First Aid & CPR/AED Level A	
PARTICIPANT MATERIALS	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)	
COMPLETION	▶ Attend and participate in 100% of the course ▶ Successfully demonstrate skills and critical steps ▶ Min 75% on written knowledge evaluation	