

INTERMEDIATE FIRST AID & BASIC LIFE SUPPORT

FORMERLY KNOWN AS STANDARD FIRST AID & BLS

An Intermediate (Standard) First Aid and Basic Life Support course is designed to train professionals with a duty to respond in performing cardiopulmonary resuscitation (CPR), and in the use of an automated external defibrillator (AED). Professionals include nursing staff, care aides, medical and dental workers, pre-hospital care providers, and professionals in fire service, rescue teams, sports-medicine, lifeguards and ski patrol. Master 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 two-day course that covers all major topics, including choking, airway and breathing emergencies, and the prevention of disease transmission. The course is aligned with CSA Z1210:24 and meets legislative requirements for provincial/territorial worker safety and insurance boards (WSIB approved) and includes the latest first aid and CPR guidelines and training in the use of an AED.



DURATION	2 Days	KEY LEARNING OBJECTIVES ▶ Responding to emergencies ▶ Emergency Medical System (EMS 9-1-1) ▶ Check, call, care ▶ Recovery position ▶ Choking for adults, children, and infants ▶ Assisting with medications ▶ Managing angina, heart attacks, and stroke/transient ischemic attack (TIA) ▶ CPR and AED application for adults, children, and infants (includes BLS skills/assisted ventilation) ▶ 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	None	
CERTIFICATION	▶ 1-year certification in Basic Life Support ▶ 3-year certification in Intermediate First Aid & CPR/AED Level C	
PARTICIPANT MATERIALS	▶ Canadian Red Cross Comprehensive Guide to First Aid (digital copy) ▶ Basic Life Support Field Guide (digital copy)	
COMPLETION	▶ Attend and participate in 100% of the course ▶ Successfully demonstrate skills and critical steps ▶ Min 75% on written knowledge evaluation	