

INTERMEDIATE FIRST AID & BASIC LIFE SUPPORT

RECERTIFICATION

FORMERLY KNOWN AS STANDARD FIRST AID & BLS

The Intermediate (Standard) First Aid Basic Life Support recertification course provides a duty to respond professionals with a comprehensive review of life-saving skills and knowledge to effectively manage first aid, cardiovascular emergencies and choking incidents involving adults, children, and infants in a team environment. 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. 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 & BLS 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	9 hours
DELIVERY METHOD	In-class, instructor-led
PREREQUISITES	▶ Current and valid Intermediate (Standard) First Aid & BLS 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	▶ 1-year recertification in Basic Life Support ▶ 3-year recertification 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
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>