

INTERMEDIATE FIRST AID & CPR/AED LEVEL C

RECERTIFICATION

FORMERLY KNOWN AS STANDARD FIRST AID & CPR/AED LEVEL C

This comprehensive recertification course teaches the skills required in an emergency. Learning refreshes knowledge on life-threatening situations like bleeding, heart attack, stroke, choking, wound care, head and spine injuries among others, and how to accurately assess a person's condition to safely intervene in an emergency.

As an approved Canadian Red Cross training partner, WHSC delivers this comprehensive one-day course to those who need the skills and training to meet work requirements or those who want more knowledge to respond to emergencies at home. 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 automated external defibrillator (AED).



DURATION	8.5 hours	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 ▶ 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 C or HCP 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. Note: ▶ If your original certification is in Level A you will need to register for an Intermediate First Aid & CPR Level A Recertification or if your Level C certification is expired, you will be required to complete the full course again	
CERTIFICATION	3-year recertification in Intermediate First Aid & CPR/AED Level C	
PARTICIPANT MATERIALS	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)	