

# BASIC LIFE SUPPORT

## FORMERLY KNOWN AS CPR HCP RECERTIFICATION

### RECERTIFICATION

Gain the expertise and abilities tailored to professions in the medical field, law enforcement, firefighting, or any other vocation that involves a commitment to the well-being and safety of others. Focus on refreshing the important steps to perform a rapid assessment, basic life support, and rapid defibrillation using an automated external defibrillator (AED) for any age group.

As an approved Canadian Red Cross training partner, WHSC courses on basic life support provide professionals with a duty to respond with the necessary confidence and skills to perform cardiopulmonary resuscitation (CPR) plus additional techniques for respiratory distress and obstructed airways. This recertification course meets legislative requirements for provincial/territorial worker safety, insurance boards (WSIB approved) and includes the latest CPR guidelines and training in the use of an AED.



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|------------------------------|---|---|---|
| <b>DURATION</b>              | 4 hours   | <b>COMPLETION</b>   | <ul style="list-style-type: none"> <li>▶ Attend and participate in 100% of the course</li> <li>▶ Successfully demonstrate skills and critical steps</li> <li>▶ Min 75% on written knowledge evaluation</li> </ul> |
| <b>DELIVERY METHOD</b>       | In-class, instructor-led  |   | <b>KEY LEARNING OBJECTIVES</b>  |
| <b>PREREQUISITES</b>         | <ul style="list-style-type: none"> <li>▶ Current and valid BLS certification or recertification (must not be expired and less than 1 year old) from any recognized Canadian training provider</li> </ul> <p>Note:</p> <ul style="list-style-type: none"> <li>▶ BLS can be recertified indefinitely</li> </ul> | <i>Includes any other content required by specific legislation.</i> |   |
| <b>CERTIFICATION</b>         | 1-year certification in Basic Life Support  |   |   |
| <b>PARTICIPANT MATERIALS</b> | Basic Life Support Field Guide (digital copy)   |   |   |