

STANDARD FIRST AID & CPR/AED LEVEL C

This comprehensive course teaches the skills required in an emergency. Learning includes cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED), as well as life-threatening situations like bleeding, heart attack, stroke, choking, wound care, head and spine injuries among others. 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 comprehensive two-day CPR/AED 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 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
DELIVERY METHOD	In-class, instructor-led
PREREQUISITES	None
CERTIFICATION	3-year certification in Standard First Aid & CPR/AED Level C
PARTICIPANT MATERIALS	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)
COMPLETION	<ul style="list-style-type: none"> ▶ 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)

Includes any other content required by specific legislation.