



INTERMEDIATE FIRST AID & CPR/AED LEVEL C

WHSC's Intermediate First Aid and CPR/AED Level C course provides comprehensive training to assess and respond to a wide range of injuries and medical emergencies at work, at home or in the community. Participants learn how to accurately assess a person's condition, make informed decisions and safely provide appropriate care in an emergency.

Training includes cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED), as well as responding to life-threatening situations such as severe bleeding, heart attack, stroke and choking. Participants also develop practical skills in wound care, head and spine injuries and other common emergencies.

This course is suitable for designated first aiders in workplaces requiring Intermediate First Aid, particularly where a broader range of injuries or medical emergencies may occur.

The training is approved by the Workplace Safety and Insurance Board (WSIB) and aligned with the Canadian Standards Association (CSA) Z1210:24 standard.

COURSE LENGTH	15 hours	COMPLETION CRITERIA	▶ Ability to comprehend and successfully demonstrate all required skills ▶ Ability to complete a written, closed book, independently completed learning assessment with a minimum mark of 75% ▶ Participants must attend and participate in 100% of the course
DELIVERY FORMAT	In-class, instructor-led		
PREREQUISITES	None	WHAT YOU'LL LEARN	▶ First Aid in the community, at home and at work ▶ Ongoing care ▶ CPR and AED ▶ Choking emergencies ▶ Cardiovascular emergencies ▶ Breathing emergencies ▶ Bleeding, burns and wounds ▶ Bone, muscle and joint injuries ▶ Head, neck and spinal injuries ▶ Poisoning ▶ Environmental emergencies ▶ Medical and mental health emergencies
CERTIFICATION	3-year certification in Intermediate First Aid & CPR/AED Level C (digital ROT issued upon successful completion)		
RECERTIFICATION	7.5 hours		
COURSE MATERIALS	▶ First Aid & CPR Fundamentals ▶ First Aid Notebook ▶ Student Training Kit ▶ Intermediate First Aid Participant Manual (digital)		<i>Includes any additional content required under applicable legislation and CSA Z1210:24.</i>