



INTERMEDIATE FIRST AID & CPR/AED LEVEL C **RECERTIFICATION**

WHSC's Intermediate First Aid and CPR/AED Level C Recertification course prepares participants with a valid Intermediate First Aid and CPR certificate to renew their certification. The course reinforces the knowledge and skills needed to respond safely to cardiac arrest and breathing emergencies, choking, severe bleeding, burns, wounds, musculoskeletal injuries, head, neck and spinal injuries, poisoning, environmental emergencies and common medical emergencies.

Participants also review the role and responsibilities of a workplace first aider, including emergency scene management, primary and secondary surveys and ongoing care.

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

COURSE LENGTH	7.5 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	▶ Proof of a current, valid Intermediate First Aid and CPR/AED Level C certificate ▶ Certificate must be issued by an approved Canadian first aid training provider whose program aligns with CSA Z1210:24 ▶ Expired certificates will not be accepted	
CERTIFICATION	3-year recertification in Intermediate First Aid & CPR/AED Level C (digital ROT issued upon successful completion)	
COURSE MATERIALS	▶ First Aid & CPR Fundamentals ▶ First Aid Notebook ▶ Student Training Kit ▶ Intermediate First Aid Participant Manual (digital)	
		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 <i>Includes any additional content required under applicable legislation and CSA Z1210:24.</i>