



CPR/AED LEVEL C **RECERTIFICATION**

WHSC's CPR/AED Level C Recertification course is designed for participants with a valid CPR certificate who want to renew their certification and refresh essential lifesaving skills. Participants will review how to manage an emergency scene, recognize signs of a heart attack, and respond effectively to cardiac arrest, choking, and breathing emergencies involving adults, children, and infants. The course reinforces practical CPR and AED skills, helping participants feel prepared and confident when providing care in an emergency. It is suitable for workers, community members, and others who require renewed CPR and AED training.

As a WSIB-approved first aid training provider, WHSC delivers workplace first aid training in accordance with WSIB requirements and the Canadian Standards Association (CSA) Z1210:24 standard.

COURSE LENGTH	4 hours	<i>CPR/AED training alone does not meet the first aid training requirements for a designated workplace first aider. If you require workplace first aid training, contact a Training Services Representative to find the course that's right for you.</i>	
DELIVERY FORMAT	In-class, instructor-led		
PREREQUISITES	▶ Proof of a current, valid 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 CPR/AED Level C (digital ROT issued upon successful completion)	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
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 <i>Includes any additional content required under applicable legislation and CSA Z1210:24.</i>