

CPR/AED LEVEL C

RECERTIFICATION

Cardiopulmonary resuscitation (CPR) can help save the life of another person. Remastering CPR through recertification is not only easy but also empowers participants to deliver effective care when assisting someone in need. Refresh knowledge on how to manage an emergency scene, how to recognize a heart attack, and how to respond when someone stops breathing.

As an approved Canadian Red Cross training partner, WHSC courses on CPR are designed to equip participants with the essential skills required to identify and respond to cardiovascular emergencies and choking incidents across all age groups – adults, children, and infants. 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 automated external defibrillator (AED).



DURATION	4 hours	COMPLETION	▶ Attend and participate in 100% of the course ▶ Successfully demonstrate skills and critical steps ▶ Min 75% on written knowledge evaluation
DELIVERY METHOD	In-class, instructor-led	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 <i>Includes any other content required by specific legislation.</i>
PREREQUISITES	▶ Current and valid CPR C or HCP certification or recertification (less than 3 years old) from any recognized Canadian training provider Note: ▶ CPR Level A cannot be recertified ▶ If your original certification is in Level A or your Level C certification is expired, you will be required to complete the full course again		
CERTIFICATION	3-year recertification in CPR/AED Level C		
PARTICIPANT MATERIALS	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)		