



BASIC FIRST AID & CPR/AED LEVEL C

WHSC's Basic First Aid and CPR/AED course prepares participants to recognize and respond to common injuries and medical emergencies that may occur at work, at home or in the community.

Participants learn essential first aid skills, including CPR and automated external defibrillator (AED) use, as well as how to respond to life-threatening situations such as severe bleeding, heart attack, stroke and choking. Emphasis is placed on assessing the situation, providing appropriate care and safely supporting an injured or ill person until emergency medical services arrive.

The course is suitable for designated first aiders in workplaces requiring Basic First Aid, as well as workers, community members and others seeking essential first aid, CPR and AED training.

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	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	None		
CERTIFICATION	3-year certification in Basic First Aid & CPR/AED Level C (digital ROT issued upon successful completion)	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 <i>Includes any additional content required under applicable legislation and CSA Z1210:24.</i>
COURSE MATERIALS	▶ First Aid & CPR Fundamentals ▶ First Aid Notebook ▶ Student Training Kit ▶ Intermediate First Aid Participant Manual (digital)		