

# CPR/AED LEVEL A - ADULT

Cardiopulmonary resuscitation (CPR) can help save the life of another person. Mastering the essential skill of CPR is not only easily attainable but also empowers participants to deliver effective care when assisting someone in need. A person can die within minutes of going into cardiac arrest. CPR increases their chances of survival by offering life-saving interventions until emergency medical services arrive on the scene. Learn 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's course on CPR/AED Level A is designed to equip participants with the essential skills required to identify and respond to cardiovascular emergencies and choking incidents in adults. This 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).



<b>DURATION</b>	5 hours	<b>KEY LEARNING OBJECTIVES</b>	▶ Responding to emergencies
<b>DELIVERY METHOD</b>	In-class, instructor-led		▶ Emergency Medical System (EMS 9-1-1)
<b>PREREQUISITES</b>	None		▶ Check, call, care
<b>CERTIFICATION</b>	3-year certification in CPR/AED Level A		▶ Recovery position
<b>PARTICIPANT MATERIALS</b>	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)		▶ Choking for adults
<b>COMPLETION</b>	<ul style="list-style-type: none"> <li>▶ Attend and participate in 100% of the course</li> <li>▶ Successfully demonstrate skills and critical steps</li> <li>▶ Min 75% on written knowledge evaluation</li> </ul>		▶ Assisting with medications
			▶ Managing angina, heart attacks, and stroke/transient ischemic attack (TIA)
		▶ CPR and AED application for adults	
		▶ Responding to deadly bleeding	
		<i>Includes any other content required by specific legislation.</i>	