

EMERGENCY FIRST AID & CPR/AED LEVEL C

An emergency first aid course teaches the basic skills required in an emergency, including cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) training. In addition to CPR and AED, participants will learn about life-threatening situations like bleeding, heart attack, stroke and choking. Learn how to assess the severity of a person's condition and how to safely intervene when providing them with emergency support.

As an approved Canadian Red Cross training partner, WHSC delivers this basic one-day course on lifesaving first aid and CPR skills for the workplace or home. The course meets legislative requirements for provincial/territorial worker safety and insurance boards (WSIB Approved) and includes the latest first aid and CPR guidelines and training in the use of an AED.



DURATION	8 hours	KEY LEARNING OBJECTIVES	▶ Responding to emergencies
DELIVERY METHOD	In-class, instructor-led		▶ Emergency Medical System (EMS 9-1-1)
PREREQUISITES	None		▶ Check, call, care
CERTIFICATION	3-year certification in Emergency First Aid & CPR/AED Level C		▶ Recovery position
PARTICIPANT MATERIALS	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)		▶ Choking for adults, children, and infants
COMPLETION	<ul style="list-style-type: none"> ▶ Attend and participate in 100% of the course ▶ Successfully demonstrate skills and critical steps ▶ Min 75% on written knowledge evaluation 		▶ 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	
		▶ Circulation emergencies	
		▶ Breathing emergencies (anaphylactic shock and asthma)	
		▶ Wound care	
		<i>Includes any other content required by specific legislation.</i>	