

STANDARD FIRST AID & BLS

A standard first aid and basic life support course is designed to train professionals with a duty to respond in performing cardiopulmonary resuscitation (CPR), and in the use of an automated external defibrillator (AED). Professionals include nursing staff, care aides, medical and dental workers, pre-hospital care providers, and professionals in fire service, rescue teams, sports-medicine, lifeguards and ski patrol. Master how to accurately assess a person's condition and how to safely intervene in an emergency.

As an approved Canadian Red Cross training partner, WHSC delivers this complete two-day course that covers all major topics, including choking, airway and breathing emergencies, and the prevention of disease transmission. 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	2 Days	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	<ul style="list-style-type: none"> ▶ 1-year certification in Basic Life Support ▶ 3-year certification in Standard First Aid & CPR/AED Level C 		▶ Recovery position
PARTICIPANT MATERIALS	<ul style="list-style-type: none"> ▶ Canadian Red Cross Comprehensive Guide to First Aid (digital copy) ▶ Basic Life Support Field Guide (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 (includes BLS skills/assisted ventilation)
			▶ Responding to deadly bleeding
			▶ Circulation emergencies
			▶ Breathing emergencies (anaphylactic shock and asthma)
			▶ Wound care
			▶ Head and spine injuries
			▶ Bone, muscle and joint injuries
			▶ Sudden medical emergencies
			▶ Environmental emergencies
			▶ Poisons (including opioid poisoning)
			<i>Includes any other content required by specific legislation.</i>