

# STANDARD FIRST AID & CPR/AED LEVEL A

## ADULTS

A Standard First Aid and cardiopulmonary resuscitation (CPR) Level A course is comprehensive and teaches the skills required in adult emergencies. This course covers all the material in emergency first aid training as well as additional topics. Learning includes life-threatening situations like bleeding, heart attack, stroke, choking, wound care, head and spine injuries among others. 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 comprehensive two-day first aid and CPR course to those who need the skills and training to meet work requirements or those who want more knowledge to respond to emergencies at 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 automated external defibrillator (AED).



<b>DURATION</b>	2 days	<b>KEY LEARNING OBJECTIVES</b>	<ul style="list-style-type: none"> <li>▶ Responding to emergencies</li> <li>▶ Emergency Medical System (EMS 9-1-1)</li> <li>▶ Check, call, care</li> <li>▶ Recovery position</li> <li>▶ Choking for adults</li> <li>▶ Assisting with medications</li> <li>▶ Managing angina, heart attacks, and stroke/transient ischemic attack (TIA)</li> <li>▶ CPR and AED application for adults</li> <li>▶ Responding to deadly bleeding</li> <li>▶ Circulation emergencies</li> <li>▶ Breathing emergencies (anaphylactic shock and asthma)</li> <li>▶ Wound care</li> <li>▶ Head and spine injuries</li> <li>▶ Bone, muscle and joint injuries</li> <li>▶ Sudden medical emergencies</li> <li>▶ Environmental emergencies</li> <li>▶ Poisons (including opioid poisoning)</li> </ul> <p><i>Includes any other content required by specific legislation.</i></p>
<b>DELIVERY METHOD</b>	In-class, instructor-led		
<b>PREREQUISITES</b>	None		
<b>CERTIFICATION</b>	3-year certification in Standard First Aid & CPR/AED Level A		
<b>PARTICIPANT MATERIALS</b>	Canadian Red Cross Comprehensive Guide to First Aid (digital copy)		
<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>		