



STANDARD FIRST AID & CPR/AED LEVEL C

RECERTIFICATION

This comprehensive recertification course teaches the skills required in an emergency. Learning refreshes knowledge on life-threatening situations like bleeding, heart attack, stroke, choking, wound care, head and spine injuries among others, and how to accurately assess a person's condition to safely intervene in an emergency.

As an approved Canadian Red Cross training partner, WHSC delivers this comprehensive one-day 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

Current and valid Standard First

Aid & CPR/AED Level C or HCP

Canadian Red Cross

recertified once.

Note:

again

Must not be a recertification,

Standard First Aid can only be

If your original certification is in Level A you will need to register for

a Standard First Aid & CPR Level

A Recertification or if your Level C

certification is expired, you will be required to complete the full course

3-year recertification in Standard First

Canadian Red Cross Comprehensive

Guide to First Aid (digital copy)

Aid & CPR/AED Level C

certification (must not be expired

and less than 3 years old) from the

boards (WSIB approved) and includes the latest first aid and CPR guidelines and training in the use of an automated external defibrillator (AED).

8 hours



COMPLETION Attend and participate in 100% of the

- Successfully demonstrate skills and critical steps
- ▶ Min 75% on written knowledge evaluation

In-class, instructor-led

- Responding to emergencies
- ► Emergency Medical System (EMS 9-1-1)
- ► Check, call, care
- Recovery position
- ▶ Choking for adults, children, and infants
- 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
- Head and spine injuries
- ▶ Bone, muscle and joint injuries
- Sudden medical emergencies
- ► Environmental emergencies
- ▶ Poisons (including opioid poisoning)

Includes any other content required by specific legislation.

KEY LEARNING OBJECTIVES

















CERTIFICATION

PARTICIPANT

MATERIALS

DURATION

DELIVERY METHOD

PREREQUISITES