

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



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| <b>DURATION</b>              | 8 hours   | <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> |
| <b>DELIVERY METHOD</b>       | In-class, instructor-led  |                   | <b>KEY LEARNING OBJECTIVES</b>  |
| <b>PREREQUISITES</b>         | <ul style="list-style-type: none"> <li>▶ Current and valid Standard First Aid &amp; CPR/AED Level C or HCP certification (must not be expired and less than 3 years old) from the Canadian Red Cross</li> <li>▶ Must not be a recertification, Standard First Aid can only be recertified once.</li> </ul> <p>Note:</p> <ul style="list-style-type: none"> <li>▶ If your original certification is in Level A you will need to register for a Standard First Aid &amp; CPR Level A Recertification or if your Level C certification is expired, you will be required to complete the full course again</li> </ul> |                   |   |
| <b>CERTIFICATION</b>         | 3-year recertification in Standard First Aid & CPR/AED Level C  |                   |   |
| <b>PARTICIPANT MATERIALS</b> | Canadian Red Cross Comprehensive Guide to First Aid (digital copy)  |                   |   |