



# ALPHA LIFE TRAINERS

KNOWLEDGE SAVES LIFE




Training Partner

## EMERGENCY FIRST AID/ CPR & AED

Basic one-day course offering an overview of First Aid and Cardiopulmonary Resuscitation (CPR) skills required for the workplace or home. The course uses the latest First Aid and CPR guidelines and meets Occupational Health and Safety regulations in Ontario. Exceeds competitors' standards by including content on injury prevention, CPR and AED.



Duration	8 hours
Instructor	Red Cross First Aid Instructor
Completion	100% attendance, skills demonstration, and 75% min. passing grade on written assessment
	3-year certification in Emergency First Aid/CPR & AED, Level A, C, or HCP
	Additional 30 mins to an hour for Level HCP
Course Content	<ul style="list-style-type: none"> <li>④ Preparing to respond</li> <li>④ The EMS system</li> <li>④ Check, Call, Care</li> <li>④ Airway emergencies</li> <li>④ Breathing and circulation emergencies</li> <li>④ First aid for respiratory and cardiac arrest</li> <li>④ Wound care</li> </ul> <p><i>Includes any other content required by legislation</i></p>
Take-Home Materials	<ul style="list-style-type: none"> <li>• <i>First Aid &amp; CPR Manual</i></li> <li>• <i>Individual student pack</i></li> </ul> 

[www.alphalifetrainers.ca](http://www.alphalifetrainers.ca)

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