

# Emergency First Aid



Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

## Duration

CPR A: 6.5 hours in-class OR 3.5 hours in-class + 4 hours online learning\*\*

CPR C: 7.5 hours in-class OR 4.5 hours in-class + 4 hours online learning\*\*

## Instructor

First Aid Instructor

## Prerequisite

None

## Completion

- Successfully demonstrate skills and critical steps
- Min. 75% mark for written knowledge evaluation
- Attend and participate in 100% of the course

## Certification

3-year certification in Emergency First Aid and CPR Level A or C

## Recertification\*

CPR A: 4 hours in-class OR 3 hours in-class + 4 hours online learning\*\*

CPR C: 5 hours in-class OR 4 hours in-class + 4 hours online learning\*\*

*\*Recertification not available in all jurisdictions.*

*\*\*Online learning time will vary depending on the learner.*

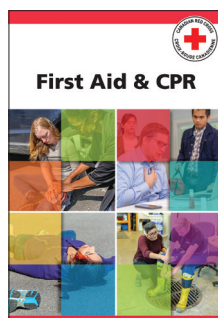
## Course Content

- The Red Cross
- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care

*Includes any other content required by specific legislation*

## Participant materials

- *First Aid & CPR* (print and/or eBook)
- *Comprehensive Guide to First Aid & CPR* (eBook)
- *Emergency First Aid* – Online (Blended only)
- Emergency First Aid certificate (digital certificate issued upon successful completion)



**ALPHA LIFE TRAINERS**  
KNOWLEDGE SAVES LIFE

