

Get TRAINED
To SAVE LIVES



Canadian
Red Cross

**Training
Partner**



ALPHA LIFE TRAINERS

Knowledge Saves Lives

www.alphalifetrainers.ca

WHO WE ARE

Alpha Life Trainers is your one stop solution for First Aid and CPR courses.

We, as a Canadian based company, focus on making workplaces & communities "CPR Ready".

Being proud partners with the Canadian Red Cross, we are the pioneers in offering lifesaving courses in Ontario, in 7 languages. Our training system has the rigidity to ensure that a consistent message is delivered but at the same time allows the instructors to design customized training courses that meets the specific needs of a client for workplace requirements or at the convenience of home.

Our goal is to provide quality services, courses & products that help facilitate the success of any First Aider in an emergency.

The training & customized solutions delivered by our highly-trained instructors are based on their extensive collective knowledge & in-depth understanding of the industry. With healthcare backgrounds, our enthusiastic & well qualified staff bring passion in their teaching methods. Their extensive firsthand experience ensures our clients gain both theoretical & hands-on knowledge.

We pride ourselves in offering services that are of exceptional value & are cost-effective. We meet strict Work Place Safety & Insurance Board (WSIB) regulations & work towards providing you exceptional course programs to make it just the right experience for you!

COURSES OFFERED

1

CPR / AED

- i. Level A
- ii. Level C
- iii. Level HCP
- iv. Level BLS

2

Emergency First Aid & CPR /AED

- i. Level A
- ii. Level C
- iii. Level HCP
- iv. Re-Certification

3

Standard First Aid & CPR / AED

- i. Level A
- ii. Level C
- iii. Level HCP
- iv. Re-Certification

4

Oxygen Administration

5

Emergency & Standard Child Care First Aid & CPR / AED

- i. Level B

6

Baby Sitting

7

Stay Safe!

8

Respect Education

- ▶ Courses offered in 7 languages (English, French, Hindi, Urdu, Mandarin and Cantonese)
- ▶ Exclusive groups for women with female instructor
- ▶ Onsite training for corporate and private groups
- ▶ Group & seasonal discounts (restrictions apply)
- ▶ Referral program (\$5 reward for every friend referred)



CPR / AED

Level A, C & HCP

Level A

Duration:

Level A: 4 hours

Level C: 5 hours

Level HCP: 6 hours

Blended CPR A :

3 hours Online Learning

2 hours Teaching Time

Blended CPR C :

3 hours Online Learning

3 hours Teaching Time

Level C

- ✔ The Red Cross
- ✔ Responding to Emergencies
- ✔ Check, Call, Care
- ✔ Recovery Position
- ✔ Choking – Adult
- ✔ Assisting with Medications
- ✔ Angina & Heart Attack
- ✔ Stroke
- ✔ CPR and AED– Adult
- ✔ Deadly Bleeding

Level A content ✔

Choking – Child & Baby ✔

CPR – Child & Baby ✔

Level HCP

- ✔ Level C content
- ✔ Jaw Thrust
- ✔ Pulse Check
- ✔ Rescue Breathing—Adult, Child, & Baby
- ✔ BVM—Adult, Child & Baby
- ✔ Two-rescuer CPR—Adult, Child & Baby

EMERGENCY FIRST AID & CPR /AED

Level A,C & HCP

Duration:

Emergency First Aid & CPR
6.5-7.5 hours in-class

Blended Emergency
First Aid & CPR:
4 hours Online Learning*,
3.5-4.5 hours in-class
(*Online learning time will vary
depending on the learner)

- ✔ The Red Cross
- ✔ Preparing to Respond
- ✔ The EMS System
- ✔ Check, Call, Care
- ✔ Airway Emergencies
- ✔ Breathing & Circulation Emergencies
- ✔ First Aid for Respiratory & Cardiac Arrest
- ✔ Wound Care





STANDARD FIRST AID & CPR /AED

Level A,C & HCP

Duration:

Standard First Aid & CPR
13-14 hours Teaching Time.

Blended Standard First Aid
8 hours Online Learning,
5.5-7.5 hours Teaching Time

- ✓ The Red Cross
- ✓ Preparing to Respond
- ✓ The EMS System
- ✓ Check, Call, Care
- ✓ Airway Emergencies
- ✓ Breathing & Circulation Emergencies
- ✓ First aid for Respiratory & Cardiac Arrest
- ✓ Wound Care
- ✓ Head & Spine Injuries
- ✓ Bone, Muscle & Joint Injuries
- ✓ Sudden Medical Emergencies
- ✓ Environmental Emergencies
- ✓ Poisons



OXYGEN ADMINISTRATION

Duration:

2-4 hours

- ✓ Breathing Devices & Suction
- ✓ Resuscitation Masks
- ✓ Bag-Valve-Masks (BVM) Adult, Child, & Baby
- ✓ Supplemental Oxygen
- ✓ Delivery Devices

✓ Emergency & Standard Child Care
First Aid & CPR are also offered
where required.





BABY SITTING

Duration:

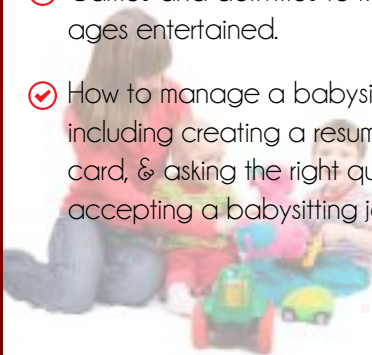
7 to 8 hours.

Flexible scheduling options.

Prerequisite: Ages 11 to 15

Help your child
build valuable skills
for a lifetime

- ✔ Basic skills to care for babies, toddlers, preschoolers, and school-age children.
- ✔ How to care for himself/herself & siblings when home alone.
- ✔ How to create a safe environment, and deal with phone calls & unexpected visitors.
- ✔ How to react confidently in case of an emergency, such as choking, bleeding, poisoning, or burns.
- ✔ How to cope with common problems, such as tantrums & crying.
- ✔ Games and activities to keep kids of all ages entertained.
- ✔ How to manage a babysitting business, including creating a resumé & a business card, & asking the right questions before accepting a babysitting job.





STAY SAFE!

Duration:

5 to 6 hours.

Flexible scheduling options.

Prerequisite: Age 9-13

Real-world scenarios often call on children to respond to challenges.

The Stay Safel program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety.

Whether in their community or on their own, this group will be given better tools to Stay Safel in a variety of different situations.

- ✔ Importance of responsibility and respect while being accountable for yourself.
- ✔ Importance of setting and following rules around safety when staying on your own.
- ✔ How to stay safe at home and within the community.
- ✔ How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits)
- ✔ First Aid Content:
Check, Call, Care (includes phoning EMS/911), recovery position, conscious choking (adult/child/alone), feeling unwell, asthma (includes use of inhaler and spacer), anaphylaxis (includes use of EpiPen), poisoning, insect stings, wound care (i.e. minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, burns)



HEALTH SAFETY

(ONLINE COURSES)

- ✓ Medical Terminology
- ✓ Bloodborne Pathogens
- ✓ Transportation of Dangerous Goods (TDG)
- ✓ Workplace Hazardous Information System Materials (WHMIS)
- ✓ Fire Safety
- ✓ Lockout/ Tag out
- ✓ Transportation of Dangerous Goods Energy Industry





Respect

EDUCATION

- ✓ Beyond the Hurt: Preventing Bullying and Harassment
- ✓ Be Safe! Information for Parents
- ✓ Prevention in Motion: Preventing Abuse, Bullying & Harassment of Children and Youth
- ✓ Ten Steps to Creating Safe Environments for Organizations & Communities
- ✓ Respect in the Workplace
- ✓ Respect in School
- ✓ Healthy Youth Relationships
- ✓ Program for young children: Be Safe! can help prevent sexual abuse of children
- ✓ Bullying and Harassment Prevention Programs
- ✓ Healthy Youth Dating Relationships

Alpha Life Trainers is the one stop solution
for all your life saving skills!



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647-892-5207

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