

Emergency First Aid & CPR

DESCRIPTION: A practical guide for First Aid & CPR at home and at work. **Simple** First Aid and CPR techniques taught in an interactive environment for individuals who need just an overview of First Aid & CPR.

Includes:

- 2011 First Aid & CPR Guidelines
- Meets OHS regulations for Basic First Aid
- 6.5–8-hour course with flexible scheduling options
- 3-year certification (or as legislation dictates)
- Written exam (min. passing grade: 75%)
- Includes CPR Level A or C and AED certification (where local legislation permits)
- Take-home materials: Red Cross First Aid & CPR Manual, Certification Card (optional wall certificate).

Course Content:

- Preparing to Respond
- The EMS System
- Check, Call, Care
- Airway Emergencies
- Breathing & Circulation Emergencies
- First Aid for Respiratory & Cardiac Arrest
- Injuries to the Head and Spine
- Wound Care
- Includes any other content required by specific legislation

Price: EFA & CPR Level A: \$90.00
 Level C: \$95.00

Standard First Aid & CPR

DESCRIPTION: **Comprehensive** First Aid & CPR techniques for those who need training for work requirements or who want more knowledge to respond to emergencies.

Includes:

- 2011 First Aid & CPR Guidelines
- Meets Federal and a variety of provincial/territorial regulations for SFA & CPR
- 14–16-hour course with flexible scheduling options
- 3-year certification
- Written exam (min. passing grade: 75%)
- Includes CPR Level A or C and AED certification (where local legislation permits)
- Take-home materials: Red Cross First Aid & CPR Manual, certification card (optional wall certificate)

Course Content:

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

Price: SFA & CPR/AED Level A: \$120.00
 Level C: \$135.00
 Level HCP: \$145.00

Standard First Aid Recertification Level C: \$90.00
 Level HCP: \$95.00

CPR/AED

DESCRIPTION: This course is designed to provide various levels of CPR Training based on participants background, needs and interest. Training on how to use an Automated External Defibrillator (AED). AED certification is also provided with the course where legislation permits.

Includes:

- 2011 First Aid & CPR Guidelines
- 3-year certification (or as medical control allows, or legislation or professional designation dictates).
- Written exam (min. passing grade: 75%)
- AED content and certification included where local legislation permits
- Take-home materials: Red Cross CPR/AED Manual, Certification Card

Course Content:

CPR Level A: 4 hrs; intended for workplace and general public, covers skills needed to recognize and respond to cardiovascular emergencies and choking for people aged 8 and over.

- Adult CPR - one rescuer
- Adult choking
- Barrier device/pocket masks
- AED where legislation permits

Price: \$ 55.00

CPR Level C: 6 hrs; intended for any person who provides First Aid that is not a Healthcare Provider; this would include but not be limited to groups such as Police, Firefighters, First Responders, Workplace First Aid Teams, and Lifeguards)

- Adult/Child/Baby CPR - one rescuer
- Adult/Child/Baby choking
- Barrier device/pocket masks
- AED where legislation permits
- Adult/Child CPR – two rescuer

Price: \$75.00

CPR Level HCP: 6.5 hrs; covers all CPR level course material, plus 2 person Baby CPR and use of Bag-Valve-Mask. Intended for Healthcare Providers (physicians, nurses, paramedics and Allied Healthcare Providers – RT, OT, PT)

- Adult/Child/Baby CPR - one rescuer
- Adult/Child/Baby choking
- Barrier device/pocket masks
- AED
- Rescue Breathing
- Adult/Child/Baby – 2-rescuer CPR
- Bag-Valve-Mask

Price: \$ 85.00

Oxygen Therapy

DESCRIPTION: In this course, participants learn how to operate various oxygen delivery devices, as well as respond to and treat respiratory emergencies. The course is applicable to those who may be required to use oxygen as a first aid skill in the workplace.

- Prerequisite CPR Level C or Level HCP
- Duration 2-4 hours
- Completion 100% attendance, skills demonstration and written exam (min. passing grade 75%)
- 3-year certification in Oxygen Administration
- Recertification none available
- 2-4Hours

Price: Stand Alone (has CPR): \$40.00
 No CPR prerequisite: \$85.00

Child Care Emergency First Aid & CPR

DESCRIPTION: An overview of First Aid and CPR techniques, taught in an interactive environment, for individuals who care for infants or children, and for parents or any family member who cares for a baby or child.

Includes:

- 2011 First Aid & CPR Guidelines
- 8-hour course with flexible scheduling options
- 3-year certification
- Written exam (min. passing grade: 75%)
- Includes CPR Level C and AED certification (where local legislation permits)
- Take-home materials: Red Cross Child Care First Aid & CPR Manual, Certification Card

Course Content:

- Preparing to Respond
- The EMS System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- First Aid for Respiratory and Cardiac Arrest
- Head and Spine Injuries
- Bone, Muscle, and Joint Injuries
- Wound Care
- Sudden Medical Conditions
- Environmental Emergencies
- Poisons
- Keeping Children Safe
- Summary and Scenarios
- All topics in the Standard Child Care First Aid & CPR course are covered in-depth

Price: \$95.00 or \$135.00 per couple

Child Care Standard First Aid & CPR

DESCRIPTION: Comprehensive First Aid and CPR training for individuals who need training for child care or early childhood education work, and for parents or any family member who cares for a baby or child.

Includes:

- 2011 First Aid & CPR Guidelines
- 16–20-hour course with flexible scheduling options
- 3-year certification
- Written exam (min. passing grade: 75%)
- Includes CPR Level C and AED certification (where local legislation permits)
- Take-home materials: Red Cross Child Care First Aid & CPR Manual, Certification Card

Course Content:

- Preparing to Respond
- The EMS System
- Check, Call, Care
- Airway Emergencies
- Breathing and Circulation Emergencies
- First Aid for Respiratory and Cardiac Arrest
- Head and Spine Injuries
- Bone, Muscle, and Joint Injuries
- Wound Care
- Sudden Medical Conditions
- Environmental Emergencies
- Poisons
- Childhood Illnesses
- Keeping Children Safe
- Summary and Scenarios

Price: \$135.00

Youth Programs

Red Cross First Aid. Prepare for Life™

Canadian Red Cross First Aid & CPR training is basic knowledge delivered in easy-to-follow steps. We offer two courses geared specifically for young people, these courses teach simple routines that can apply to a variety of situations. This knowledge can turn your clients from a bystander into someone who has the knowledge and skills to help: someone who can save a life!

Babysitting

DESCRIPTION: The Babysitting Course teaches youth how to handle emergencies with confidence by providing the basic first aid skills. For many young adolescents, babysitting is their first job, and Red Cross courses can help them become real "pros"! They learn valuable tips:

- Important child care skills
- Safety tips for children of all ages
- How to cope with common problems, like tantrums and crying
- What to do if anything makes the babysitter uncomfortable
- Some great games and other ideas for having fun with the kids while babysitting
- How to make the children's environment safe and enjoyable
- What are the respective rights and responsibilities of the babysitter and the family hiring one

The Red Cross Babysitting Course is taught by a Babysitter Facilitator supported by a Facilitator manual which includes lesson plans plus suggestions and guidelines for organizing the course and managing the class.

- 7.5 Hours long
- Learn important child care skills
- Safety tips for children of all ages
- How to cope with common problems
- Written exam (min. passing grade 75%)

First Aid:

- Choking
- Sprains and Strains
- Bleeding
- Poisoning
- Burns
- Fire Emergency

Price: \$60.00

People Savers

DESCRIPTION: Designed to teach safety awareness and basic first aid to elementary school-aged children. There are four age appropriate People Saver levels taught by the People Savers Facilitator. Using workbooks participants follow the People Savers characters through a variety of everyday situations that are potentially dangerous and learn to Check for Safety, Call for Help, and Care for an Injured Person.

- 1-4 Hours depending on age
- Skills for youth aged 5-12

Learn to:

- Check for Safety
- Call for Help
- Care for an Injured Person

Price: Level 1 (age 5-6): \$10.00
Level 2 (age 7-8): \$15.00
Level 3 (age 8-10): \$20.00
Level 4 (age 10-12): \$25.00

"Prepare! Stay Safe! Survive!"™