



Emergency First Aid, CPR & AED (Level C) F1 BASIC LEVEL

Basic one-day course offering lifesaving first aid, cardiopulmonary resuscitation (CPR) skills and Automated External Defibrillator (AED) training for the workplace or home. Level-C F1 covers training for assisting adults, children and babies in emergencies.

Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Cost and Duration

- Certification: 7.5 hours in class learning (\$90/person)
- Recertification: 5 hours in class learning (\$70/person)

Completion Requirements

A Canadian Red Cross 3-year certification in (BASIC) Emergency First Aid and CPR level-C will be issued in the form of a digital certificate once the following requirements are met:

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

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

Participant Materials (provided)

- First Aid & CPR (print and/or eBook)

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Prices are subject change without notice.