



First Aid Program Course Descriptions

CPR – Level A & C

This course focuses on life-saving skills for individuals experiencing cardiac arrest or circulation emergencies. Learners will develop proper CPR (cardiopulmonary resuscitation) techniques for adults, children, and infants (depending on the level), learn how to use an AED (Automated External Defibrillator) and more. Through hands-on practice, this course builds the confidence and skills needed to respond effectively in critical situations.

This course meets workplace and legislative requirements for CPR training. Ideal for workplaces, caregivers, and anyone looking to enhance their emergency response abilities for use at work, in the community, or at home.

Duration¹

- CPR A: 4 hours in-class OR 3 hours online + 2 hours in-class
- CPR C: 5 hours in-class OR 3 hours online + 3 hours in-class

Prerequisites

None

Completion Criteria

- Demonstrate a working competency of all required skills
- Achieve a minimum score of 75% on a written, closed-book knowledge evaluation completed independently
- Attend and actively participate in 100% of the course
- Adhere to the Fundamental Principles of the Red Cross

Certification

3-year Canadian Red Cross certification in CPR Level A or C. A digital certificate is issued upon successful completion of the course.

Recertification^{1 2}

- CPR A: is not available
- CPR C: 3.5 hours in-class OR 2 hours online + 2.5 hours in-class

¹Indicates minimum teaching time; total course length may be longer.

²Recertification not available in all jurisdictions.



Course Content

Level A

- The Red Cross
- Preparing to Respond
- Check, Call, Care
- Choking - adult
- Circulation Emergencies
- CPR and AED - adult

Level C

- Level A content
- Choking - child and baby
- CPR and AED - child and baby

✓ **Includes any other content required by specific legislation**

Learner Materials

- CPR (print and/or eBook)
- Comprehensive Guide to First Aid & CPR (eBook)
- CPR – Online access (Blended only)



Basic First Aid – CPR Level A & C¹

This one-day course provides essential first aid training for responding to emergencies. Learners will develop knowledge and skills in CPR, AED use, choking response, circulation emergencies, wound care, and more. Through hands-on practice and real-life scenarios, this course equips individuals with the confidence and knowledge to act quickly in emergencies.

Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace. This course aligns with CSA (Canadian Standards Association) Basic First Aid (Z1210). Ideal for workplaces, community members, and anyone seeking basic first aid certification for use at work, in the community, or at home.

Duration²

- Basic First Aid CPR A: 6.5 hours in-class OR 4 hours online + 4 hours in-class
- Basic First Aid CPR C: 7 hours in-class OR 4 hours online + 5 hours in-class

Prerequisites

None

Completion Criteria

- Demonstrate a working competency in all required skills
- Achieve a minimum score of 75% on a written, closed-book knowledge evaluation completed independently
- Attend and actively participate in 100% of the course
- Adhere to the Fundamental Principles of the Red Cross

Certification

3-year Canadian Red Cross certification in Basic First Aid & CPR A or C. A digital certificate is issued upon successful completion of the course.

Recertification^{2 3}

- Basic First Aid CPR A: 4 hours in-class
- Basic First Aid CPR C: 5 hours in-class

¹ Previously called *Emergency First Aid – CPR Level A & C*.

² Indicates minimum teaching time; total course length may be longer.

³ Recertification not available in all jurisdictions.



Course Content

- The Red Cross
 - Responding to Emergencies
 - Check, Call, Care
 - Choking
 - Circulation Emergencies
 - CPR and AED
 - Breathing Emergencies
 - Wound Care
 - Head, Neck, Spine, and Pelvis Injuries
- ✓ **Includes any other content required by the Provincial or Federal Authority Having Jurisdiction**

Learner Materials

- First Aid & CPR (print and/or eBook)
- Comprehensive Guide to First Aid & CPR (eBook)
- Basic First Aid – Online (Blended only)



Intermediate First Aid – CPR Level A & C¹

This comprehensive two-day course provides in-depth first aid training for a wide range of medical emergencies. Learners will develop knowledge and skills in CPR, AED use, choking response, circulation emergencies, wound care, fracture management, sudden medical emergencies and more. With a mix of theory, hands-on practice, and real-life scenarios, this course equips individuals with the knowledge and skills to provide effective first aid in various emergency situations.

Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace. This course aligns with CSA Intermediate First Aid (Z1210). Ideal for workplaces, community members, and anyone seeking a well-rounded first aid certification for use at work, in the community, or home.

Duration²

- Intermediate First Aid CPR A: 13 hours in-class OR 8 hours online + 7 hours in-class
- Intermediate First Aid CPR C: 14 hours in-class OR 8 hours online + 7.5 hours in-class

Prerequisites

None

Completion Criteria

- Demonstrate a working competency in all required skills
- Achieve a minimum score of 75% on a written, closed-book knowledge evaluation completed independently
- Attend and actively participate in 100% of the course
- Adhere to the Fundamental Principles of the Red Cross

Certification

3-year Canadian Red Cross certification in Intermediate First Aid & CPR Level A or C. A digital certificate is issued upon successful completion of the course.

Recertification^{2 3}

- Intermediate First Aid CPR A: 7 hours in-class
- Intermediate First Aid CPR C: 7.5 hours in-class

¹ Previously called Standard First Aid – CPR Level A & C.

² Indicates minimum teaching time; total course length may be longer.

³ Recertification not available in all jurisdictions.



Course Content

- The Red Cross
 - Responding to Emergencies
 - Check, Call, Care
 - Choking
 - Circulation Emergencies
 - CPR and AED
 - Breathing Emergencies
 - Wound Care
 - Head, Neck, Spine and Pelvis Injuries
 - Bone, Muscle and Joint Injuries
 - Sudden Medical Emergencies
 - Environmental Illness
 - Poisons
- ✓ **Includes opioid poisoning awareness information**
- ✓ **Includes any other content required by the Provincial or Federal Authority Having Jurisdiction**

Learner Materials

- First Aid & CPR (print and/or eBook)
- Comprehensive Guide to First Aid & CPR (eBook)
- Intermediate First Aid CPR A/C – Online access (Blended Only)