Importance of
First Aid Education

8–9 minutes
Bystander CPR can still improve survival even when started this long after cardiac arrest. [1]

60,000
Approx. out-of-hospital cardiac arrests occur in Canada each year, with only 10% surviving. Nearly half occur at home. [2] [3]

10%
The drop in resuscitation success for every minute without access to an AED. [6] [7]

8 minutes
Average emergency response time for life-threatening calls in urban areas of Ontario. [4]

24%
Survival rate when a bystander uses an AED immediately— compared to **9%** without it. [8]

10x
Immediate CPR and AED use can increase chances of survival ten-fold after cardiac arrest. [5]

Stats on other high-impact first aid interventions

First aid education can **reduce patient morbidity and mortality** for a variety of emergency conditions, including opioid poisoning, snake bites, trauma, and burns. [9]

Education on bleeding emergencies leads to **improvements in knowledge, skill, confidence, and willingness to intervene** to stop bleeds for participants. [10]

Why Canadian Red Cross?

Trusted Leader in First Aid Training

960,000+
Canadians trained annually

80+
years of trusted experience

2400+
Training Partners across Canada

Instructional Design & Standards

- Learner-centered and evidence-based training
- Built to maximize retention and confidence to act
- Designed for Real-World Readiness
- Aligned with CSA standards

Learning Outcomes

- Prevent injury
- Recognize illness or injury
- Provide effective care

Experience & Accessibility

- Hands-on learning using real-life scenarios
- Inclusive learning environment
- Flexible course formats
- Bilingual: English & French

First Aid Program

Courses for work, community and home

CPR – Level A & C

CPR, AED use, choking response and circulation emergencies.

Basic First Aid* – CPR Level A & C

CPR, AED use, choking response, circulation emergencies, wound care, and more.

Meets CSA Z1210 Basic standards

Intermediate First Aid – CPR Level A & C**

CPR, AED use, choking response, circulation emergencies, wound care management, sudden medical emergencies and more.

Meets CSA Z1210 Intermediate standards

*Previously called Emergency First Aid
**Previously called Standard First Aid

References

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[2] Source: Highs and lows: More cardiac arrests are occurring and few survive | Heart and Stroke Foundation
[3] Source: 2024 Heart & Stroke Report Unveils Critical Cardiac Arrest Findings in Canada | Heart 2 Heart CPR
[4] Source: Land Ambulance Response Time Standard - Response Times - Open Government Portal
[5] Source: Valenzuela TD, Roe DJ, Nichol G, Clark LL, Spaite DW, Hardman RG. Outcomes of Rapid Defibrillation by Security Officers after Cardiac Arrest in Casinos. N Engl J Med. 2000;343(17):1206-1209. doi:10.1056/NEJM200010263431701
[6] Source: Larsen MP, Eisenberg MS, Cummins RO, Hallstrom AP. Predicting survival from out-of-hospital cardiac arrest: A graphic model. Ann Emerg Med. 1993;22(11):1652-1658. doi:10.1016/S0196-0644(05)81302-2
[7] Source: Bækgaard JS, Viereck S, Møller TP, Ersbøll AK, Lippert F, Folke F. The Effects of Public Access Defibrillation on Survival After Out-of-Hospital Cardiac Arrest: A Systematic Review of Observational Studies. Circulation. 2017;136(10):954-965. doi:10.1161/CIRCULATIONAHA.117.029067
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[9] Source: Orkin A, Venugopal J, Curran J, et al. Emergency care with lay responders in underserved populations: a systematic review. Bull World Health Organ. 2021;99(7):514-528H. doi:10.2471/BLT.20.270249
[10] Source: Velde SV de, Heselmans A, Roex A, Vandekerckhove P, Ramaekers D, Aertgeerts B. Effectiveness of Nonresuscitative First Aid Training in Laypersons: A Systematic Review. Ann Emerg Med. 2009;54(3):447-457.e5. doi:10.1016/j.annemergmed.2008.11.005