



# Training Connections

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## **Emergency First Aid & CPR**

8 hours

This course offers lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

- 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

### **Completion:**

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

Upon successful completion students receive a 3 year certification in Emergency First Aid and CPR