



S Training Connections

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Standard First Aid & CPR

2 days

Comprehensive course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

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
- Head, neck and spine injuries
- Bone, muscle and joint injuries
- Sudden Medical Emergencies
- Environmental illnesses
- Poisons (includes opioid poisoning)

Completion:

- 100% attendance and participation;
- 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles.

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