

# EMERGENCY FIRST AID

## Program Overview:

Basic one-day course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Includes the latest first aid and CPR guidelines. Meets OHS regulations for Basic First Aid. Exceeds competitors' standards by including injury prevention content, CPR and AED.

## Training Content:

- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care
- Includes any other content required by specific legislation
- **Certification:** 3-year certification in Emergency First Aid, CPR level A, C, or HCP and AED
- **Recertification:** Where provincial/territorial legislation allows; 5-6 hours; includes CPR Level A, C, or HCP

**Course Duration:** 6.5-8 hours (7-9 hours in Ontario).

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### Legal Disclaimer

It is the employer's responsibility to ensure that each of their employees is properly trained. This program provides training of a general nature and may not include the hazards that are unique to your workplace. The intent of this training program is to outline expected industry standards. Employers must always ensure that their workers are properly trained according to the hazards and regulations specific to their workplace and job tasks. **LEVAC HEALTH & SAFETY** has made every attempt to ensure the accuracy and reliability of the training material that has been provided in this training program.

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