



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.

Duration

- CPR A: 4 hours in-class* OR 3 hours online learning** + 2 hours in-class*
- CPR C: 5 hours in-class* OR 3 hours online learning** + 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.
- Must adhere to the Fundamental Principles of the Red Cross.

Certification

3-year certification in CPR Level A or C (digital certificate issued upon successful completion)



Recertification***

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

* *The teaching time does not include breaks.*

***Online learning time will vary depending on the learner.*

****Recertification 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)
- CPR certificate (digital certificate issued upon successful completion)