



Emergency First Aid (Basic) – CPR Level A & C

This one-day course provides essential first aid training for responding to emergencies. Learners will develop knowledge and skills in CPR, AED use, choking response, circulation emergencies, wound care, and more. Through hands-on practice and real-life scenarios, this course equips individuals with the confidence and knowledge to act quickly in emergencies. Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace. This course aligns with CSA (Canadian Standards Association) Basic First Aid (Z1210-17). Ideal for workplaces, community members, and anyone seeking basic first aid certification for use at work, in the community, or at home.

Duration

- Emergency First Aid CPR A: 6.5 hours in-class* OR 4 hours online learning** + 4 hours in-class*
- Emergency First Aid CPR C: 7 hours in-class* OR 4 hours online learning** + 5 hours in-class*

Prerequisites

None

Completion Criteria

- Demonstrate a working competency in 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 Emergency First Aid and CPR A or C (digital certificates issued upon successful completion)



Recertification***

- Emergency First Aid CPR A: 4 hours in-class*
- Emergency First Aid CPR C: 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

- The Red Cross
- Responding to Emergencies
- Check, Call, Care
- Choking
- Circulation Emergencies
- CPR and AED
- Breathing Emergencies
- Wound Care
- Head, Neck, Spine, and Pelvis Injuries

Includes any other content required by the Provincial or Federal Authority Having Jurisdiction.

Learner Materials

- First Aid & CPR (print and/or eBook)
- Comprehensive Guide to First Aid & CPR (eBook)
- Emergency First Aid – Online (Blended only)
- Emergency First Aid / Canadian Standards Association (CSA) Basic certificate (digital certificate issued upon successful completion)