

Train “NOW” Ontario

Recognized as the first St. John Ambulance Partner Provider, Train “NOW” Ontario teaches First Aid and CPR courses within the Stormont, Dundas, and Glengarry (S.D.&G.) counties. Courses can be provided as public courses, available to all, or private courses, ideal for companies and organizations that have a minimum of 8 participants requiring training.

Emergency First Aid

This one day course is for individuals who require basic information on first aid and CPR for the workplace, educational institution or personal interest reasons. This course meets Canadian Labour Code and Ontario First Aid Regulation 1101 for workplaces with less than 5 employees. This interactive program includes CPR training for adults, infants and children*, 2 person CPR as well as automated external defibrillation (AED). Certificates valid for 3 years are issued upon successful completion.

- Emergency First Aid and CPR Level A + AED
- Emergency First Aid and CPR Level C + AED*

Standard First Aid**

This two day course is for individuals who require more comprehensive information on first aid and CPR for the workplace, educational institution or personal interest reasons. This course meets Canadian Labour Code and Ontario First Aid Regulation 1101 for workplaces with more than 5 employees. This interactive program includes CPR training for adults, infants and children*, 2 person CPR as well as automated external defibrillation (AED). Certificates valid for three years are issued upon successful completion.

- Standard First Aid and CPR Level A + AED
- Standard First Aid and CPR Level C + AED*
- Standard First Aid and CPR Level HCP + AED*

Each first aid course comes with a CPR and AED module. There are several types of CPR available:

- CPR A, deals with managing adult casualties
- CPR C**, deals with managing infant, child and adult casualties
- CPR HCP**, designed for healthcare providers this course focuses on advanced resuscitation techniques including use of the bag valve mask

Contact Lisa Lalonde-Boucher (613-857-8706 | trainnowontario@gmail.com) or the Cornwall St. John Ambulance Branch (613-936-1525 | cornwall@sjambulance.on.ca) for more information regarding upcoming dates, or to register for a class!

* Infant and children CPR training only available with CPR Level C/HCP training, **not** CPR Level A
** Renewal options available



St. John Ambulance

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at work, home and play

