

# EMERGENCY FIRST AID & CPR TRAINING

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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.

6.5 – 8 Hours in Length

3-year certification in Emergency First Aid, CPR Level C

Small Classes

Includes Red Cross First Aid & CPR Manual

## COURSE OUTLINE INCLUDES

- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care



### General Information:

**Time:** 8:30 am to 5:00pm

**Location:** Barrie Construction Association, 200 Brock St. Barrie, L4N 2M4

**Amenities:** Coffee/tea available at location along with kitchen facilities including a fridge and microwave. There is also a variety of near-by fast food restaurants.

**Training provided by 1<sup>st</sup> in First Aid**

**For questions, contact Alicia Blow at 705-726-5864 ext. 1 or [printing@barrieca.com](mailto:printing@barrieca.com)**



\*\* Upon successful completion of quiz, participants will receive a wallet card \*\*