


# Emergency First Aid/CPR/AED Awareness



## Course Description

This course teaches participants how to confidently respond to an emergency in the home or workplace and provide lifesaving care until professional help arrives. This course meets the requirements for workplace training where there are not more than five workers on any one shift. Training includes practical skill stations, scenarios and written evaluation.

Approved by WSIB and provincial workers' compensation boards.

### Duration

2-3 Hours online  
4-5 Hours in-class

### Course Handout

WMC First Aid/CPR Manual

### Certificates

3 years - Emergency First Aid/  
CPR/AED Awareness Wallet  
Card

### Requirements

Must complete the online theory prior to attending in-class training.

Participants need to complete practical and written evaluation to receive certification.

## Topics

- The Approach
- Medical/legal issues
- Communicable diseases
- Adult/child/infant CPR (Level C)
- Heart attack & stroke
- Choking (conscious/unconscious)
- Shock
- AED awareness
- Wounds & bleeding
- Head & spinal emergencies
- Burns
- Respiratory emergencies
- Seizures
- Diabetic emergencies