


# Standard 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 six or more workers on any one shift. Training includes practical skill stations, scenarios and written evaluation.

Approved by WSIB and provincial workers' compensation boards.

### Duration

14-16 Hours

### Course Handout

WMC First Aid/CPR Manual

### Certificates

3 years – Standard First Aid/CPR/AED Awareness Wallet Card (optional Wall Certificate)

**Note:** A one-day recertification is available before expiry of initial certification and is valid for 3 years.

### Requirements

Must attend training in full, complete practical training and written evaluation.

## 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
- Musculoskeletal emergencies
- Head & spinal emergencies
- Burns
- Respiratory emergencies
- Seizures
- Diabetic emergencies
- Poisoning
- Triage
- Eye injuries