

Blended 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

3-4 Hours online
7-8 Hours in-class

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