

BASIC FIRST AID & CPR COURSES

Emergency and Standard First Aid courses meet Occupational Health and Safety requirements for the workplace.

Emergency First Aid (1 day) (Level A or Level C CPR)

Learn basic life-saving skills such as performing CPR, managing the unconscious casualty, controlling bleeding and much more. Designed to help you recognize these life-threatening emergencies and provide first aid until medical help arrives.

Standard First Aid (2 day) (Level A or Level C CPR)

Learn the basic skills that you need to manage fractures, manage hypothermia or heat stroke or perform a rescue carry. The Standard First Aid course includes the same basic life-saving skills as the Emergency First Aid plus a whole lot more. Designed to help you recognize and manage a wide range of emergencies until medical help arrives.

Standard First Aid (2 day) (Level HCP CPR)

Are you a nursing student, firefighter, police officer or someone who needs a strong first aid foundation? In addition to the Standard First Aid, this course also includes CPR Level HCP training with a full Automated External Defibrillation (AED) component.

All cardiopulmonary resuscitation (CPR) courses are taught to St. John Ambulance national standards, which are in accordance with the International Liaison Committee on Resuscitation (ILCOR) recommendations. Annual recertification recommended.

Basic Rescuer CPR Level C

Learn the resuscitation skills for Adults, Children and Infants; one and two rescuer CPR for adults, first aid for choking, artificial respiration, and the proper use of barrier devices is included. CPR Level "C" is available with optional AED Training.

CPR Level HCP (1 day)

Specifically designed for the Health Care Professional, this course provides training on the skills required for Adult, Child and Infant Resuscitation; includes one and two rescuer, first aid for choking, and proper use of barrier devices. Students will also learn proper use of the Bag Valve Mask (BVM) and receive certification in the use of an Automated External Defibrillator (AED).

CPR Recertification

Designed for the individual who holds a current Level A or Level C certificate and requires annual recertification. Students will be recertified by exhibiting a solid understanding (through testing) of the theory and skills taught in this course. Emphasis is on skills testing.

CPR/AED Recertification

Designed for the individual who holds a current Level C/AED or HCP certificate and requires annual recertification. Students will be recertified by exhibiting a solid understanding (through testing) of the theory and skills taught in the course. Emphasis is on skills testing

**To Register for a Course or
To Book a Group Course,
Please Contact Us:**

**St. John's: (709) 726-4200
Corner Brook: (709) 634-7283
Toll Free: 1-800-801-0181**

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St. John Ambulance

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