

## WORKPLACE STANDARD FIRST AID + CPR (Level A)

### COURSE OBJECTIVES:

Comprehensive First Aid and CPR techniques for the workplace or home. This course provides CPR training and a presentation on how to use an Automated External Defibrillator (AED). Covers skills to recognize and respond to cardiovascular emergencies, choking, airway and breathing emergencies, injuries to the head and spine and prevention of disease transmission.

### COURSE CONTENT:

- ✓ Preparing to Respond
- ✓ The EMS System
- ✓ Check, Call, Care
- ✓ Airway Emergencies
- ✓ Breathing and Circulation Emergencies
- ✓ First Aid for Respiratory and Cardiac Arrest
- ✓ Head and Spine Injuries
- ✓ Bone, Muscle and Joint Injuries
- ✓ Wound Care
- ✓ Sudden Medical Conditions
- ✓ Environmental Emergencies
- ✓ Adult CPR
- ✓ Adult Choking
- ✓ How to use the Automated External Defibrillator (AED) effectively

### CERTIFICATION & TAKE-AWAYS:

- ✓ Red Cross CPR (Level A) + AED Certificate valid for 3 years or as medical control allows
- ✓ Red Cross First Aid & CPR training manual

### INSTRUCTORS:

All Good Job Safety Training instructors possess a valid Canadian Red Cross First Aid, CPR and AED Instructor Certificate.

### PRE-REQUISITE:

A keen interest in learning how to use Standard First Aid and CPR effectively to respond in emergency situations.

### COST:

This is a two-day (14-16 hrs) course that will cost \$150.00 + GST per participant.

### TO REGISTER:

T: 780-428-6211

E: SafetyTraining@GoodJob.ca

W: www.GoodJob.ca