

## COMMUNITY EMERGENCY FIRST AID + CPR (Level A)

### COURSE OBJECTIVES:

For individuals who want an overview of First Aid and CPR 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, prevent and respond to cardiovascular emergencies, and other topics such as choking, airway and breathing emergencies 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
- ✓ Adult CPR
- ✓ Adult Choking
- ✓ How to use the Automated External Defibrillator (AED) effectively

### CERTIFICATION & TAKE-AWAYS:

- ✓ Red Cross CPR (Level A) (valid for three years from date of issue)
- ✓ 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 Emergency First Aid and CPR to respond effectively in emergency situations.

### COST:

This is a full-day (6.5-8 hrs) course that will cost \$125.00 + GST per participant.

### TO REGISTER:

T: 780-428-6211

E: [SafetyTraining@GoodJob.ca](mailto:SafetyTraining@GoodJob.ca)

W: [www.GoodJob.ca](http://www.GoodJob.ca)

