

# *F.A.S.T. Rescue*



## *CPR/AED*

*All courses follow the new CPR Guidelines*

Anybody can participate.  
No prior experience  
necessary!

### **You Will Learn:**

- *How to recognize and respond to life-threatening emergencies, including heart attack*
- *About Automated External Defibrillation (AED)*
- *Safety and healthy lifestyle choices key to illness and injury prevention*
- *Through individualized training and continuous feedback which increases skill retention and confidence*
- *In an interactive, stimulating environment*
- *In your choice of English or French*

### **Course Materials**

- *CPR Manual & Certification Card*

### **Recertification**

*Recertifications are recommended every 3 years. Annual recertification is required for certain professions such as professional rescuers, nurses, lifeguards, first responders, etc.*

## **Save a Life!**

**Learn how to react at the first sign of a heart attack!**

### **Four Courses to Choose From:**

#### **Heartsaver (Level A)**

*Learn to recognize and respond to cardiovascular emergencies that occur in people aged 8 and over. Course Length - 3.5 to 4.5 hours*

#### **Heartsaver Plus (Level B)**

*Learn to recognize and respond to cardiovascular emergencies that occur in adults, children 1-8 years old, and infants under 1 year old. Course Length - 4.5 to 6.5 hours*

#### **Basic Rescuer (Level C)**

*Includes all information covered in Level B, plus two-rescuer CPR. The recognized level for health care professionals (nurses, lifeguards, etc.) and first responders. Course Length - 6.5 to 8.5 hours*

#### **Infant/Child (Level D)**

*CPR skills focusing on emergencies involving infants and children only. Course Length — 4 to 5 hours*

***Strengthen the Chain of Survival***