

F.A.S.T. Rescue



Standard First Aid

Including CPR/AED and New CPR Guidelines

Learn prevention, recognition and first aid for a variety of emergency situations!

Anybody can participate.
No prior experience is necessary!

You Will Learn:

Simple techniques for First Aid and CPR (cardiopulmonary resuscitation)

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 Content:

How to Get Help

Emergency Action Principles

Airway and Breathing Emergencies

Cardiovascular Emergencies (e.g. Heart Attack)

CPR/AED (Automated External Defibrillation)

Bleeding and Shock

How to Check for Other Illnesses and Injuries

Preventing Disease Transmission

Injuries to the Head and Spine

Musculoskeletal Injuries (e.g. Fractures)

Sudden Medical Conditions (e.g. Diabetes)

Poisons

Course Length

16 to 18 hours

Course Materials

Standard First Aid manual and certification card

Recertification

Recertification is recommended every 3 years.

Sign up for the Standard First Aid course today!

Strengthen the Chain of Survival