



Red Cross Standard First Aid with CPR level C & AED

Sat & Sun, 09:00 – 17:00, **March 20/21 – revised dates**

Limit of 9 students per course

Course fee: \$185 + HST 2-day full certification

\$125 + HST 1-day “renewal” certification

(must have a valid Red Cross SFA-C card to do the 1-day recertification)

Be prepared for medical emergencies on the water!

Taught by instructor Craig Hamilton, this is a comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to [work requirements](#) or who want more knowledge to respond to emergencies at home or on the boat. Includes the latest First Aid and CPR guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid and CPR. This course meets the curriculum requirements of [WSIB \(Regulation 1101\)](#), The Canada Labour Code, and is approved for workplace training by the Workers' Safety & Insurance Board, Health Canada and the Ontario Ministry of Health & Long-Term Care.

Course Content:

- The First Aiders' Role
- Check, Call, Care
- Recovery Position
- Choking - adult, child, baby
- Assisting with Medications
- Angina and Heart Attack
- Stroke
- CPR and AED (defibrillator)
- Deadly Bleeding
- Head & Spine Injuries
- Bone, Muscle, Joint Injuries
- Poisons
- Sudden Medical Emergencies
- Environmental Emergencies

To register, or for more information, contact education@hbsailing.com

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