

What courses are in the Lifesaving First Aid Program Continuum?

CPR A (with AED)

CPR A teaches resuscitation skills needed to help adults and children over 8 years old. Learn critical lifesaving skills, such as: how to recognize and treat the early signs of heart attack, activate EMS, perform CPR, and use an AED and help someone who is choking. CPR A teaches resuscitation skills needed to help adults and children over 8 years old.

PREREQUISITES: None

RECOGNITION: CPR A with AED certification card

CURRENCY: Certification is valid for 3 years from date of issue

CPR C (with AED)

Be prepared to save a life! Knowing how to activate EMS, perform CPR, and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer. CPR C with AED teaches the skills needed to help adults, children and infants.

PREREQUISITES: None

RECOGNITION: Certification card

CURRENCY: Certification is valid for 3 years from date of issue

Basic Life Support Responder (BLS)

Basic Life Support training is designed for Health Care Providers such as doctors, nurses, paramedics or those who work in a health care field and require the Health Care Provider CPR C certification. In addition to all CPR C level skills, participants are taught how to work as a multi-person team, do simultaneous assessment of breathing and pulse, stand-alone rescue breathing and use bag-valve-masks.

PREREQUISITES: None

RECOGNITION: Basic Life Support Responder (CPR-HCP) certification card

CURRENCY: Certification is valid for 1 year from date of issue

Airway Management & Oxygen Administration (AMOA)

This course is designed to provide knowledge and practice to maintain an airway and administer supplemental oxygen. Content includes: safe handling of oxygen, knowledge and assembly of oxygen equipment, selection and application of oropharyngeal airways and oxygen delivery devices, pulse oximeter use, appropriate use of suction and bag-valve-masks.

PREREQUISITES: CPR A or higher (need not be current)

RECOGNITION: Airway Management & Oxygen Administration certification card

CURRENCY: Certification is valid for 3 years from date of issue

Emergency First Aid (EFA)

Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the

workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

PREREQUISITES: None (recommend 13 years old)

RECOGNITION: Emergency First Aid with CPR C/AED (OFA Level 1 Equivalent) certification card

CURRENCY: Certification is valid for 3 years from date of issue

Emergency First Aid Child & Residential Care (EFA-CRC)

Emergency First Aid Child & Residential Care is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This program is designed for those working in the childcare, home care or residential care industry. Program length and content meets requirements outlined by the Ministry of Health for child and residential care workers. This course includes CPR C to prepare candidates to respond to adult, child & infant emergencies.

PREREQUISITES: None (recommend 13 years old)

RECOGNITION: Emergency First Aid Child & Residential Care with CPR C/AED (OFA Level 1 equivalent) certification card

CURRENCY: Certification is valid for 3 years from date of issue

Standard First Aid (SFA)

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use! Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musco-skeletal injuries and medical emergencies.

PREREQUISITES: None (recommend 15 years old)

RECOGNITION: Standard First Aid with CPR C/AED certification card

CURRENCY: Certification is valid for 3 years from date of issue

Standard First Aid Recertification (SFAR)

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Recertification of Standard First Aid with CPR C/AED is achieved by attending an 8 hour Standard First Aid with CPR C/AED Recertification course.

PREREQUISITES: SFA (need not be current)

RECOGNITION: Standard First Aid with CPR C/AED Recertification card

CURRENCY: Certification is valid for 3 years from date of issue