

## CPR and First Aid Certification Burlington

CPR and First Aid Certification Burlington - The course content or training syllabi for "Emergency First Aid" is roughly 8 hours. If recertifying, it is roughly an 8 hour program too. The program includes cardiopulmonary resuscitation along with emergency care for shock and some other life and death conditions like severe bleeding and anaphylaxis.

It takes about 16 hours or 2 days training to complete the "Standard First Aid" class. It takes an 8 hour recertification process within a particular recurrence period. If the recertification is not taken within that particular time frame, the whole 16 hour course must be taken again. These regulations and programs are all designed by Health Canada, a federal department of the Government of Canada. This authorizes a training group as a course provider of these 2 basic certificates that are needed by those particular people who are employed in federally regulated workplaces.

Workplace standards for first aid and workplace safety regulations vary by province and depend on occupation. There are certain professions which are governed by federal safety regulations and are not governed by provincial workplace safety regulations. These occupations consist of aviation, rail and marine industries. The trainees should confirm with their employer as to what specific training standards and certification comply with the applicable regulatory agencies, provincial and federal.

**Emergency First Aid:** The Emergency First Aid class is an 8 hour or one whole day training class which includes mostly life and death emergencies like: bleeding, CPR and other life-threatening medical issues.

**Standard First Aid:** It usually takes about 16 hours or 2 days to complete the Standard First Aid program. Materials utilized are the same as those used in Emergency First Aid but could include some if not all of the following: burns, head and neck injuries, poisons, emergency childbirth, stings and bites, wound care, how to handle multiple casualties, eye injuries and chest injuries.

In Canada, CPR certification is broken into various levels. Depending on the specific level, the lay person would learn the basic one-person choking techniques and CPR for adults. Some programs cover kids and babies as well. Higher-level designations also need 2 person cardiopulmonary resuscitation to be covered. Several trainees may learn the basics of AED or automated external defibrillation, depending on provincial policies.

The lowest level of CPR training is Level A. In this program, trainees learn how to perform the standard, one-rescuer choking procedures and cardiopulmonary resuscitation on adult victims. The second level is level B. It covers the same techniques as Level A, but trainees are taught to perform these maneuvers on babies and children as well as adults. Level C teaches the same maneuvers as Level B but trainees also learn how to do the 2 persons CPR technique.

In response to the new guidelines set up by the International Liaison Committee on Resuscitation, Level HCP or also known as Health Care Professional was introduced in Canada. Along with the techniques included in Level C, AED to certification standards, use of the bag-valve mask and artificial resuscitation is taught. Any person who is CPR-HCP certified is considered AED certified.