



### **STANDARD FIRST AID & LEVEL 'C' CPR/AED**

Comprehensive course covers emergency first aid and medical conditions, musculoskeletal soft tissue injuries, head and spine injuries, heat and cold emergencies, poisonings, allergic reactions, choking and more. Hands-on AED training and certification is included. **Basic Rescuer Level 'C' Cardio-Pulmonary Resuscitation (CPR)** includes infant, child and adult CPR techniques. Canadian Red Cross manual, wall and wallet certificates included. Certification valid for 3 years. WSIB-Approved course as provided through the Canadian Red Cross and First For Safety.

**Full Course: 2 days (14 -18 hours) Cost: \$135 plus HST**

### **STANDARD FIRST AID & LEVEL 'C' CPR/AED RECERTIFICATION**

The Canadian Red Cross recommends recertifying every 3 years. Recertification is the first day of a two-day course. A candidate may recertify if they have not allowed their certification to expire.

**Recertification: 1 day (7 to 8 hours) Cost: \$100 plus HST**

### **EMERGENCY FIRST AID WITH LEVEL 'C' CPR/AED**

Emergency first aid includes teaching medical conditions that include, cardiovascular emergencies, choking and hands-on AED training and certification. **Basic Rescuer Level 'C' Cardio-Pulmonary Resuscitation (CPR)** includes infant, child and adult CPR techniques. Red Cross manual and wall and wallet certificates included. Certification valid for 3 years. WSIB-Approved course as provided through the Canadian Red Cross and First For Safety.

**Full Course: 1 day or 2 evenings (7 to 8 hours) Cost: \$100 plus HST**

### **HEALTH CARE PROVIDER LEVEL (HCP)**

This level can be included in our regular course format if asked for when registering. It covers the use of a bag valve mask (Ambu Bag), 2 person CPR, pulse check, and straight mouth to mouth CPR.

**Cost: \$15 plus HST**

### **WHMIS AFTER GHS (Globally Harmonized System) - WHMIS 2015**

Learn about WHMIS after its alignment with GHS, an internationally consistent approach to classifying chemicals and communicating hazard information through labels and Safety Data Sheets (SDSs). Participants will learn about the expected impacts of these changes for chemical suppliers and employers, how to transition a workplace to the new requirements, how to understand labels and identify hazards and their classes, as well as understand the appropriate protective measures by reading the new Safety Data Sheets (SDSs).

**Full Course: 3 Hours Cost: \$65 plus HST**

### **WORKING AT HEIGHTS – FUNDAMENTALS OF FALL PROTECTION**

First For Safety is working towards becoming a certified training partner with IHSA of Ontario to offer the Working at Heights – Fundamentals of Fall Protection training program.

The course content will include **Module ① Basic Theory (3 hours)** which is knowledge and theory based, covering rights and responsibilities, hazard identification, PPE requirements, warning methods, physical barriers, and ladder safety. **Module ② Practical (3 -4 hours)** includes hands-on demonstration of equipment and procedures and the proper use of fall protection gear. Candidates must complete both the theory and practical modules and demonstrate competency to complete the course and receive certification.

**Full Course: 6 to 8 Hours Cost: \$195 plus HST Certification valid for 3 years.**



### **QUALITATIVE RESPIRATOR FIT TESTING**

Whether you use an N95, half mask, or full facepiece respirator, you're required to be fit tested regularly. Our Respirator Fit Testing meets the CSA Standard Z94.4-02 on the selection, use, and care of respirators and includes both a 20 minute in-class instruction and the qualitative fit testing itself. Group fit-testing available on-site or at our First For Safety training facility. Candidates must be clean shaven as per the CSA Standards. Please bring your own respirator.

**Full Course: 30 Minutes Cost: \$30 plus HST**

### **FIRST RESPONDER (ADVANCED FIRST AID)**

This course meets OHS Regulations for Advanced First Aid and is designed for professional rescuers or for workplace first responders. It goes beyond the skills and information taught in Standard First Aid to provide the rescuer with confidence to make critical decisions during emergency situations. Knowledge evaluation (min. 75% grade) required.

**Full Course: 4 Days Cot: \$475.00 or \$300.00 Recertification**