



Heart and Stroke foundation first aid courses are designed for those who want to learn essential life support skills to better respond to emergencies at home or at work. Our First Aid courses prepare learners through instruction, demonstration, and practice. Equip yourself with the knowledge and abilities needed for common health emergencies.

## Features

- Reflects science from the most recent Canadian Consensus Guidelines on First Aid and CPR
- Hands-on class format reinforces skills proficiency
- Course options that meet or exceed regulatory requirements for workplace first aid courses federally and in most provinces and territories.

## Content

- Emergency Scene Management
- Shock, Fainting, and Unconsciousness
- Head, Spine, and Pelvic Injuries
- Severe Bleeding and Wounds
- Adult/Child/Infant Resuscitation
- Medical Conditions (including Asthma, Allergies, Diabetic Emergencies, Seizures, and Poisoning)
- Treatment of burns
- And more...

## Accreditation

Heart & Stroke's First Aid courses are recognized across Canada and are widely accredited, with some exceptions. For more in-depth information regarding provincial or territorial regulations on first aid, refer to your provincial workplace regulation board.

View the [First Aid Course Regulatory Approval](#) chart



## Standard First Aid Level C

**Standard First Aid** course is a comprehensive 2-day program designed to teach you essential skills to effectively respond to medical emergencies in the workplace, home or other setting. This course is designed to meet provincial workplace regulatory requirements\* and covers cardiopulmonary resuscitation, including responding to breathing, airway and circulation emergencies, as well as control of bleeding, shock, stabilizing fractures and dislocations, head and spine injuries, and more. This course is ideal for everyday people who want to be prepared for the unexpected.

NOTE: provincial requirements vary. This course meets or exceeds requirements in most provinces. [Click here to learn more.](#)

### Course Duration



~ 16 hours

### Course Materials



Required Manual:  
First Aid Reference Manual

- Print = RE2101E
- eBook = RE2101ED

### Course Completion Card



Standard First Aid Level C

Valid for: 3 years\*

\*Heart & Stroke recommends annual renewal of CPR/AED skills.



## Standard First Aid Recertification

**Standard First Aid Recertification** is 1-day course intended for people whose current Standard First Aid CPR AED Level C card is nearing expiry. It reviews proven methods for providing standard first aid to injured or ill persons. Through instruction, demonstration, and practice, participants will learn how to determine the severity of a patient's condition and practice safe intervention when providing them with emergency support.

Recertification only applies one time. Individuals in possession of an existing recertification certificate are required to take the full **Standard First Aid Level C** course.

NOTE: provincial requirements vary. This course meets or exceeds requirements in most provinces. [Click here to learn more.](#)

### Prerequisites



Current Heart & Stroke **Standard First Aid Level C** certification

### Course Duration



~ 8 hours

### Course Materials



Required Manual:  
First Aid Reference Manual

- Print = RE2101E
- eBook = RE2101ED

### Course Completion Card



Standard First Aid Level C

Valid for: 3 years\*

\*Heart & Stroke recommends annual renewal of CPR/AED skills.

## Emergency First Aid Level C

**Emergency First Aid Level C** is fast-paced and extensive 1-day course that delivers proven methods for providing basic, urgent assistance to injured or ill adults, children and infants. Through a combination of instruction, demonstration, and hands-on practice, participants will learn how to determine the severity of a patient's condition and practice safe intervention when providing them with emergency support.

This course is aimed at lay rescuers or employees who are required to receive 8 hours or less of emergency or basic first aid instruction/practice as stipulated by provincial or federal health & safety regulations.

NOTE: provincial requirements vary. This course meets or exceeds requirements in most provinces. [Click here to learn more.](#)

### Course Duration



~ 8 hours

### Course Materials



Required Manual:

First Aid Reference Manual

- Print = RE2101E
- eBook = RE2101ED

### Course Completion Card



Emergency First Aid Level C  
Valid for: 3 years\*  
\*Heart & Stroke recommends annual renewal of CPR/AED skills

## Emergency First Aid Level A

**Emergency First Aid Level A** is fast-paced and extensive 1-day course that delivers proven methods for providing basic, urgent assistance to injured or ill adults. Through a combination of instruction, demonstration, and hands-on practice, participants will learn how to determine the severity of a patient's condition and practice safe intervention when providing them with emergency support.

This course is aimed at lay rescuers or employees who are required to receive 8 hours or less of emergency or basic first aid instruction/practice as stipulated by provincial or federal health & safety regulations.

NOTE: provincial requirements vary. This course meets or exceeds requirements in most provinces. [Click here to learn more.](#)

### Course Duration



~ 7 hours

### Course Materials



Required Manual:  
First Aid Reference Manual

- Print = RE2101E
- eBook = RE2101ED



## Course Completion Card



Emergency First Aid Level A

Valid for: 3 years\*

\*Heart & Stroke recommends annual renewal of CPR/AED skills.

## Standard First Aid and Basic Life Support (BLS) Provider

This comprehensive 18-hour course combines our **Standard First Aid** and **Basic Life Support (BLS) Provider** courses for a best-in-class foundation in emergency response and care. This instructor-led course is designed to meet provincial workplace regulatory requirements\* and is intended for healthcare and emergency care professionals and providers across varying disciplines. The course reinforces how to recognize and stabilize ill or injured persons with a number of life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. Successful students earn a 3-year Standard First Aid certification and one-year BLS Provider card.

NOTE: provincial requirements vary. This course meets or exceeds requirements in most provinces. [Click here to learn more.](#)

### Course Duration



~ 18 hours

### Course Materials



Required Manual:

First Aid Reference Manual

- Print = RE2101E
- eBook = RE2101ED

Basic Life Support Provider Manual



- Print = RE3410E
- eBook = RE3410ED

## Course Completion Card



### **Standard First Aid Level C**

Valid for: 3 years\*

-AND-

### **BLS Provider**

Valid for: 1 year\*

\*Heart & Stroke recommends annual renewal of CPR/AED skills. BLS Provider certification valid for 2 years in Quebec.

Reference – First aid course description is available in [Heart and Stroke student portal](#). For latest update please visit Heart and Stroke website and student must follow official website for the accurate information. [https://cpr.heartandstroke.ca/s/first-aid?language=en\\_US](https://cpr.heartandstroke.ca/s/first-aid?language=en_US)