



60-seconds rescues...help them most when it counts!

Rescue confidence guaranteed [avg. 117% ↑]

Practice on real people + CPR mannequins

Understanding the steps = better rescuer!

Role-playing scenarios + interactive quizzes

Resourceful package, bulletins and homework ☺

experts led by Kavita Chauhan [Kinesiologist - Car Seat tech - instructor since 1992]



all courses cover :

- Emergency recognition
- Injury Prevention
- Anatomy + Physiology
- EMS + response time
- Recovery position + Shock
- Check, Call, Care, ABC
- Spinal/ head injuries
- Choking + CPR rescue skills
- Responding calmly in 60 sec.
- Bleeding rescue
- When to start + stop rescuing
- Dealing with vomit
- Rescue legalities + morality
- Wearing gloves + CPR masks
- AED use (certified courses only)

first aid + child car seat workshops

1 - 2 hours

practice + discussion*

\$200 flat for up to 20 pp.

or \$35 each, 6 pp. min.

need more time...\$50/ hr

* choose from topics in adult or child rescue course

adult ^{or} child rescue course - customized

Gather
4-8* pp min.
at home or
office

4
hours of
role-play
practice
tips

\$50/
person
*serving 4-16
905 + 519

examples of topics added to course:

adult rescue skills: CPR, heart attacks, stroke, pregnant | SIDS/ SUDI + reducing risks | seizures [febril, epilepsy] | how to treat + prevent injuries: burns, fractures, sprains, strains, hot/ cold emergencies | spinal roll-overs + advanced skills | anaphylaxis + allergies | drowning + water safety | home/ workplace first aid policy | when + when not to call EMS/ 911 | child safety at home + car | child car seat install tips | What to carry...First aid kits for home, car, travel, diaper bag...

firstaid kits + more

[purchase at courses or online]



2HEALTH First Aid Kit

67 items in 3 reclosable bags in a waterproof pouch...for the car, hiking, stroller, etc.

\$29.20 + 13% = \$33*

*special with a course

reg. \$34.51 + 13% = \$39



Diaper Bag mini kit

[face shield, nitrile gloves, 2 gauze pads, 10 bandages, cold pack, cutter, 2 antiseptic pads]

\$9.73 + 13% = \$11



Seat Belt Cutter

[to quickly exit a car or remove a car seat]

\$3.54 + 13% = \$4



CPR Pocket Mask

[ideal protection during mouth-to-mouth]

\$20.35 + 13% = \$23



Keychain gloves + face shield

[convenient way to carry protection]

\$6.19 + 13% = \$7



Face Shield + Nitrile gloves

[always on hand]

\$3.54 + 13% = \$4

WSIB kits + customized first aid kits available - just ask us!

canadian red cross CERTIFIED first aid + cpr courses

All First Aid and CPR/AED components are taught in accordance with ILCOR and ECC Canada.

CANADIAN RED CROSS FIRST AID courses meet WSIB and Day Nurseries Act requirements. Certification valid for 3 years.

First Aid + CPR [A, B, C, HCP] courses

Emergency First Aid + CPR [Adult, Child, Infant] 9 hours, 6-8 people min.* \$90/ person
> CPR, Choking rescue, Bleeding and bandaging skills, treating for shock, AED use, what to do until EMS arrives.

Standard First Aid + CPR [Adult, Child, Infant] 18 hours, 6-8 people min.* \$120/ person
> Above topics + First Aid for: burns, poison, hot/ cold injuries, head injury, wounds, medical conditions.



CPR/ AED courses [levels A, C, HCP]

CPR/AED-A [Adult only] 5 hours, 4-8 people min.* \$60/ person
> Recertification not available at this level with Red Cross

CPR/AED-C [Adult, Child, Infant] 6 hours, 4-8 people min.* \$70/ person
> Additional skills taught: Rescue Breathing, 2-rescuer CPR

CPR/AED Healthcare Provider 6 hours, 4-8 people min.* \$70/ person
> Additional skills taught: Rescue Breathing, Pulse Check, Bag-Valve Mask use, 2-rescuer CPR

Recertification courses: previous certification must be a current Red Cross certificate.

recert Standard First Aid + CPR [9 hours, \$75 or w/ book \$90] recert CPR-C [3-4 hours, \$40 or w/ book \$45]

Taxes extra. Group rates for >10 people. One-on-one training available. *depends on location in GTA

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