



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 ☺



led by Kavita Chauhan [2HEALTH founder ~ Kinesiologist ~ Car Seat tech ~ First Aid instructor since 1992]

### first aid + child car seat workshops

1-2 hours

practice + discussion<sup>^</sup>  
and resource package

\$35 pp [6-10 pp minimum]

or \$60/ couple [4-6 minimum]

or \$200-350/ workshop

<sup>^</sup> choose from topics in adult or child rescue course. Car Seat workshops includes demo + Q&A, not installations.

### first aid training at your home or at work



with 4-10\* friends

or join an 'upcoming course' on 2health.com

\* minimum depends on course, day, your location [serving 416/ 905/ 519]

### all courses cover :

- First Aider's Role
  - > how to think, improvise & adapt
- Injury Prevention
  - > more prevention=less treatment
- Responding calmly in 60 sec.
  - > keep it simple
- Anatomy + Physiology
- EMS + response time
- Check, Call, Care, ABC's
- Bleeding rescue
- Spinal/ head injuries
- H.A.I.N.E.S. recovery position
- Shock treatment
- Choking + CPR rescue
- When to start + stop rescuing
- Dealing with vomit
- Rescue legalities + morality
- Wearing gloves + CPR masks



### customized adult or child rescue course

\$50 PP

3-4 hours of role-play practice tips

examples of topics added to course:

adult rescue skills: CPR, heart attacks, stroke, pregnant | seizures [febril, epilepsy] SIDS/ SUDI + reducing risks | how to treat + prevent injuries: burns, fractures, sprains, strains, hot/cold emergencies | home/ workplace first aid policy | spinal roll-overs + advanced skills | anaphylaxis + allergies | drowning + water safety | 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...



## canadian red cross CERTIFIED first aid + cpr courses

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

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

Automated External Defibrillator training included with all First Aid and CPR courses.

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

**Emergency First Aid + CPR and Automated External Defibrillator [AED] Adult, Child, and Infant or Adult only** 9 hours, 6-8 people min.\*  
> 'All courses' content [above], CPR, Choking rescue, heart attack & meds, stroke, bandaging and wound care, shock, AED, what to do until EMS arrives

**Standard First Aid + CPR and Automated External Defibrillator [AED] Adult, Child, and Infant or Adult only** 18 hours, 6-8 people min.\*  
> Emergency First Aid content, First Aid for: burns, bone/ muscle/ joint injuries, poison, hot/ cold injuries, spine & head injuries, medical conditions.



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

**CPR-A [Adult only] and Automated External Defibrillator [AED]** 5 hours, 4-8 people min.\*  
> 'All courses' content [above], heart attack & meds, stroke, Choking rescue and CPR for adults  
> Recertification not available at this level

**CPR-C [Adult, Child, Infant] & Automated External Defibrillator [AED]** 6 hours, 4-8 people min.\*  
> Level A content and Choking rescue & CPR for all

**CPR-HCP [Healthcare Provider]** 6 hours, 4-8 people min.\* \$70/person  
> Level C content, Rescue Breathing, Jaw thrust, Pulse Check, Bag-Valve Mask use, 2-rescuer CPR

**Recertification courses:** proof of original Red Cross certificate required and must be current [not expired]

recert Standard First Aid + CPR [9 hours, \$90] ~ recert Emergency First Aid + CPR [6 hours, \$70]

recert CPR-C or CPR-HCP [4 hours, \$45]

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

### first aid 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!