

Gather 10-20 pp min.
at home or office
choose your course

receive 70% [up to
\$49] per person
for your charity



2GIVE Fundraising

Charity First Aid

First Aid kits + more



Top Ten of why organizations choose 2HEALTH COURSES:

1. Practice what to do in the first minute of an emergency.
2. Discover 'what to do until 911 arrives' - for up to 10 minutes.
3. Learn rescue skills for at least 5 life-threatening scenarios.
4. Understand how the skills are done with simple explanations.
5. Hands-on experience on your partner + on the CPR mannequin.
6. Gain rescue confidence with one-minute role-play scenarios.
7. Comfort of learning with family and friends at your location.
8. Take away a valuable resource package + homework via email.
9. Gather useful prevention and preparedness tips.
10. 2HEALTH experience is convenient, invaluable + fun!

2HEALTH-Red Cross certified courses - First Aid + CPR

the 2HEALTH First Aid training experience:

- > Practise on real people and CPR mannequins
- > Practical tips
- > Valuable take-home package
- > Role-playing scenarios & interactive quizzes
- > 1-minute rescues
- > 75% required on written test



all courses include...

- Emergency recognition
- EMS + response time
- Check, Call, Care, ABC
- Spinal/ head injuries
- Bleeding rescue
- Legalities of rescue
- Basic Anatomy & Physiology
- Recovery position, shock treatment & vomit
- Choking + Cardiac Arrest rescue skills
- First Aid Kits, personal protection & barrier devices
- Injury Prevention & When to stop rescuing
- Using an AED (Automated External Defibrillator)

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

Emergency First Aid + CPR [all levels]	9 hours, 6-8 people min.*	\$90/ person
Emergency Child Care First Aid + CPR-B	9 hours, 6-8 people min.*	\$90/ person
> Above topics + First Aid for: burns, poison, hot/ cold injuries, head injury, wounds, medical conditions.		
Standard First Aid + CPR [all levels]	18 hours, 6-8 people min.*	\$120/ person
Standard Child Care First Aid + CPR-B	18 hours, 6-8 people min.*	\$120/ person
> Same as Emergency Child Care course plus Childhood Illnesses and more First Aid + CPR practice.		



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.

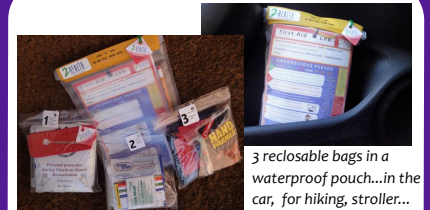
Standard First Aid + CPR [9 hours, \$75 or w/ book \$90] CPR-C [3-4 hours, \$40 or w/ book \$45]

Taxes extra. Group rates for >10 people. One-on-one training available. *depends on location in GTA
All CPR/AED and First Aid components are taught in accordance with ILCOR and the ECC Canada.

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

First Aid Kits + more

[purchase at courses or online]



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

2HEALTH First Aid Kit - 67 items

\$29.20 + 13% = \$33*

*special with a course

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



Bundle Pack [face shield, nitrile gloves, gauze pads, bandages, cold pack, seat belt cutter, antiseptic pads]

\$9.73 + 13% = \$11 special with course



Seat Belt Cutter

\$3.54 + 13% = \$4



CPR Pocket Mask

\$20.35 + 13% = \$23



Keychain face shield + gloves

\$6.19 + 13% = \$7



First Aid + CPR chart

[waterproof paper]

\$4.42 + 13% = \$5



Red Cross Family Kit - 78 items

\$43.36 + 13% = \$49



In-home First Aid + CPR training ~ Kits ~ Car Seat inspections
Confident 'one-minute' rescuers + safer families since 1992.

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