



Standard First Aid

This course will give you the opportunity to learn and practice the basic steps to follow in case of an emergency. You will focus on building your confidence in a variety of theory and practical sessions including the prevention of injuries, keeping first aiders safe, risk assessment and safety in everyday life and the workplace. Students must achieve Canadian Red Cross minimum standards in order to receive their certification.

When you finish this course you will

- » demonstrate the knowledge and skills to be able to recognize a problem or emergency
- » be able to activate the emergency medical system
- » to care for a casualty based on their level of training, experience and confidence
- » think about and discuss strategies to prevent injuries at home, the workplace and an assortment of everyday activities
- » comprehend and successfully demonstrate all required skills, including critical steps

More than just a class

- » meet new people and build a social network
- » take part in interactive learning activities
- » experience campus life at Mount Royal University

FOR MORE INFORMATION CONTACT:

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