

First Aid Courses

We have compiled this listing of first aid courses and descriptions as a guideline. Sometimes industries change the level of first aid needed so we advise that you consult with your employer, potential employer, organization, association or institution as to what level of first aid you are required to have.

Canadian Red Cross http://www.redcross.ca/training-and-certification/course-descriptions						
Community First Aid	These courses are designed to provide essential skills to people interested in first aid but do not require a workplace first aid certification					
Workplace First Aid	First Aid & CPR training is mandatory for some employees in the workplace (Occupational First Aid formerly known as Industrial First Aid). These courses have been specifically designed to meet special workplace requirements, however the skills and knowledge are also applicable to everyone's daily life.					
CPR A	You'll learn CPR skills for adults, along with use of barrier devices and automated external defibrillator (AED).	1 class: 4 hours course instruction	3 year certification		Ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles	http://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/cpr/aed
CPR Level C	You'll learn CPR skills for people of all ages, along with use of barrier devices and automated external defibrillator (AED).	1 class: 5 hours course instruction	3 year certification	This course is typically for police, fire fighters, first responders, workplace teams, nursing students, life guards as well as the general public.	Ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles	http://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/cpr/aed
CPR Level HCP	Course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies; use of an automated external defibrillator (AED); and additional skills for healthcare providers. Includes the latest CPR guidelines.	1 class: 6 hours course instruction	3 year certification	Typically for Physicians, Nurses, Paramedics, Respiratory Technicians.	Ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles	http://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/cpr/aed

Emergency First Aid with CPR C	Basic one-day course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Includes the latest first aid and CPR guidelines. Meets OHS regulations for Basic First Aid. Includes injury prevention content, CPR and AED	1 class: 6.5 – 7.5 hours of course instruction	3-year certification	100% attendance, skills demonstration, and 75% min. passing grade on written exam	http://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/emergency-first-aid---cpr	
Standard First Aid with CPR C	Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines Note: SFA meets the requirements of Red Cross Marine Basic First Aid, with proper documentation prior to course.	2 classes: 13 – 14 hours course instruction	3-year certification	Note: SFA meets the requirements of Red Cross Marine Basic First Aid, with proper documentation prior to course	100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles.	http://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/standard-first-aid---cpr
Workplace Emergency First Aid	One-day course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace. Meets OHS regulations and is accepted by WorkSafe BC. Equivalent course to WorkSafe BC's Occupational First Aid Level 1.	1 class: 7 hours of instruction	3-year certification Workplace Emergency First Aid (Level 1 equivalent) with CPR level A	Recognized by Worksafe BC as an equivalent to OFA 1	100% attendance, skills demonstration, and 70% pass on written exam	Attached the Red Cross WEFA info sheet
Child Care First Aid	First Aid training specifically focused for child care workers. As with all first aid courses the skills and knowledge have relevance for everyday life but the scenarios and topics have been geared specifically for child care.					
Emergency Childcare First Aid	Basic one-day course designed to introduce caregivers to injury prevention skills and knowledge. Course covers lifesaving first aid skills and cardiopulmonary resuscitation (CPR and AED) for children, and babies.	1 class: 8 hours instruction	3 year certification	Course meets legislation requirements for provincial/territorial early childhood education and day care worker safety requirements.	Ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles.	http://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/emergency-child-care-first-aid---cpr

Marine First Aid		Seafarers require specific training in first aid as mandated by Transport Canada. These courses focus more on the hazards of the marine environment.				
Marine Basic First Aid	Comprehensive two-day course designed to meet the needs of those expected to provide first aid in a marine environment. Course uses a combination of lecture, discussion, and scenarios taken from the marine/fishing industry to teach the required knowledge and skills. Course meets the requirements of Transport Canada outlined in Transport Publication (TP) 13008 E.	2 classes: 16 hours course instruction	3 year certification in Marine Basic First Aid and CPR/AED Level A	marine/fishing industry Course meets the requirements of Transport Canada outlined in Transport Publication (TP) 13008. Designed for any person who wants to obtain a rating certificate, endorsement, or a Master or Chief Mate limited certification, and for those providing first aid on board a vessel engaged on a near-coastal voyage, class 2, or on a vessel on sheltered waters	Ability to comprehend and successfully demonstrate all required skills, including critical steps; 100% attendance and participation; 75% min. passing grade on a written, closed book knowledge evaluation; and adherence to the Fundamental Principles	http://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/marine-basic-first-aid
Wilderness First Aid		Wilderness & Remote First Aid & CPR is for individuals who recreate or live in isolated or wilderness settings and need to respond to emergencies when advanced care is not immediately available				
Wilderness First Aid	Basic level of Wilderness & Remote First Aid that covers material in Standard First Aid & CPR, plus special material on techniques for wilderness and remote areas. Course also offers strategies for providing extended care for up to 24 hours. Part of the course is taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training. Suitable for those who work or live in remote locations or who are outdoor recreation enthusiasts		20 hours (more than 25% of course taught in non-urban setting, if possible 50% course taught in non-urban setting)	3-year certification in Wilderness & Remote First Aid, CPR Level C, and AED	100% attendance, skills demonstration, and 75% min. passing grade on written exam	http://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/wilderness---remote-first-aid
Advanced Wilderness First Aid	Comprehensive first aid and CPR techniques for those who need a higher level of training to work and respond to emergencies in isolated or wilderness settings. Training is also suitable for those who act as guides or supervisors for groups of people. The course covers material in Standard First Aid & CPR, plus advanced strategies for providing extended care for more than 24 hours. Part of the course is taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training.		40 hours (more than 50% of course taught in non-urban outdoor setting)	3-year certification in Advanced Wilderness & Remote First Aid, CPR Level C, and AED	100% attendance, skills demonstration, and 75% min. passing grade on written exam	http://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses/advanced-wilderness---remote-first-aid

Occupational First Aid: OFA						
OFA 1	Basic level first aid training and certification. Our most popular workplace first aid course. Learn A level CPR/AED, how to deal with minor wounds, airway breathing, circulatory emergencies and more. Know what to do until the paramedics arrive. Three-year certificate.	1 class: 7.5 hours course Instruction	3-year certification	Meets Worksafe BC requirements for Level 1 First Aid Attendant, 6 to 30 workers on shift.	Successful completion requires 100% attendance, demonstration of critical skills and a 70% pass mark on the written exam	https://www.worksafebc.com/en/health-safety/education-training-certification/first-aid-attendant For more information on first aid attendant requirements at the workplace refer to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.14 For first aid attendant responsibilities, go to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.21
OFA 2	Intermediate level first aid training and certification. Occupational First Aid Level 2 is a comprehensive and intense 36-hour workplace first aid training course where students learn assessment and treatment skills required to be an OFA attendant who provides first aid care in industry. This three-year certificate course is recommended for those located within 20 minutes of a hospital. This level of OFA training does not cover the packaging of patients for transportation. This three-year certificate course is recommended for those located within 20 minutes of a hospital.	5 classes: 37.5 hours course instruction	3-year certification	Meets Worksafe BC requirements for Level 2 First Aid Attendant who will not be packaging and transporting patients.	Students must: 1) pass a multiple choice exam with 70% or higher to attend 2) the practical exam and achieve 70% to be successful in obtaining the OFA 2 certification.	https://www.worksafebc.com/en/health-safety/education-training-certification/first-aid-attendant For more information on first aid attendant requirements at the workplace refer to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.14 For first aid attendant responsibilities, go to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.21

<p>OFA Transportation Endorsement</p>	<p>Training required for transportation of injured workers as required by Schedule 3-A. With your Transportation Endorsement you will learn more advanced patient assessment and critical intervention procedures while moving patients with spinal injuries to medical aid. Recommended for workplaces and small operators situated more than 20 minutes from a hospital. Three-year certificate.</p>	<p>1 class: 7.5 hours course Instruction</p>	<p>3-year certification</p>	<p>Meets Worksafe BC requirements for Level 1 and Level 2 First Aid Attendant, Transportation Endorsement for OFA 1 and OFA 2.</p>	<p>Successful completion requires 100% attendance and demonstration of critical skills. Once you have passed the course, you will receive an OFA TE certificate which is valid for the length of your OFA 1 certificate.</p>	<p>responsibilities#SectionNumber:3.21 https://www.worksafebc.com/en/health-safety/education-training-certification/first-aid-attendant</p> <p>https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.16</p> <p>https://www.worksafebc.com/en/health-safety/create-manage/first-aid-requirements/certificates-accepted-in-bc</p> <p>To know if you certificate will be considered a Worksafe BC equivalent, refer to: https://www.worksafebc.com/en/health-safety/create-manage/first-aid-requirements/certificates-accepted-in-bc</p> <p>For more information on first aid attendant requirements at the workplace refer to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.14</p> <p>For first aid attendant responsibilities, go to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.21</p>
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OFA 3	Advanced level of first aid training and certification. Occupational First Aid Level 3 is the most comprehensive Occupational First Aid Course. In this 70-hour advanced level workplace first aid training students learn assessment and treatment skills required to be an OFA attendant who provides first aid care in industry. This three-year certificate course is recommended for those located more than 20 minutes from a hospital.	10 classes: 75 hours course instruction	3-year certification	Meets Worksafe BC requirements for Level 3 First Aid Attendant.	Students must: 1) pass a multiple choice exam with 70% or higher to attend 2) the practical exam and achieve 70% to be successful in obtaining the OFA 3 certification.	https://www.worksafebc.com/en/health-safety/education-training-certification/first-aid-attendant For more information on first aid attendant requirements at the workplace refer to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.14 For first aid attendant responsibilities, go to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.21
OFA 3 Recertification	Practical and theory sessions totalling 35 hours. Students must have a current or recently expired (within two years) OFA 3 certificate	5 classes: 37.5 hours course instruction		Level 3 First Aid Attendant.	70% or higher to attend 2) the practical exam and achieve 70% to be successful in obtaining the OFA 3 certification.	https://www.worksafebc.com/en/health-safety/education-training-certification/first-aid-attendant For more information on first aid attendant requirements at the workplace refer to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.14 For first aid attendant responsibilities, go to: https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-regulation/part-03-rights-and-responsibilities#SectionNumber:3.21