

First Aid Requirement

An approved first aid course is a minimum of 8 hours long and is offered by one of the following certification agencies:

- Canadian Ski Patrol
- The Lifesaving Society
- The Canadian Red Cross
- The Canadian Heart and Stroke Foundation
- St. John Ambulance of Canada

The course also needs to provide instruction specific to children and infants in the areas of:

- a) Management of an emergency scene;
- b) Assessment of a patient;
- c) Fainting and unconsciousness;
- d) Cardiopulmonary resuscitation skills (CPR) Level B or a program that is equivalent;
- e) Shock;
- f) Chocking;
- g) Wounds and severe bleeding;
- h) Insect, animal and human bites;
- i) Eye injuries;
- j) Spinal and head injuries;
- k) Dental emergencies;
- l) Fractures of the upper and lower limbs, including bone and joint injuries;
- m) Cardiovascular emergencies;
- n) Burns;
- o) Electric shock;
- p) Poisoning;
- q) Environmental injuries, including exposure to heat or cold;
- r) Common medical conditions, including diabetes, epilepsy, convulsions and allergic reactions.

First aid certificates must be signed by the instructor and expire no more than 3 years from date of issue.