



First Aid & CPR Program

Courses are designed to prepare Canadians for emergencies at work, in the community and at home.

Every year, more than 960,000 Canadians trust the Red Cross to provide them with the first aid skills and knowledge necessary to respond in emergency situations. With over 80 years of delivering education programs, the Canadian Red Cross supports consistent, quality first aid program delivery across the country. Courses offered by the Canadian Red Cross are learner-centric and evidence-based, empowering Canadians with life-saving skills.

Program Features



Course Options

Offering a full range of CPR (Cardiopulmonary Resuscitation), Basic First Aid, and Intermediate First Aid courses in English and French to meet workplace, community, and home emergency response needs.



Hands-On Learning & Real-Life Scenarios

Engaging, practical training with realistic scenarios ensures learners develop the life-saving skills and confidence to respond effectively in emergencies.



Alignment with Canadian Standards

Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace and follows the Canadian Standards Association (CSA) guidelines for the workplace.



Flexible Delivery Options

Designed to meet the needs of organizations, our courses offer flexible in-house training options, allowing workplaces to schedule sessions that fit their team's availability and learning requirements.

Our First Aid Program includes the latest health and safety education best practices, with a strong focus on accessibility, diversity, and inclusion.

Note: National, provincial and territorial regulations may affect maintenance and recertification requirements.

Learn more: redcross.ca/firstaidlegislation.

	CPR – Level A & C	Basic First Aid*** CPR Level A & C	Intermediate First Aid**** CPR Level A & C
Duration	CPR A Minimum 4 hours in-class* OR 3 hours online learning** + minimum 2 hours in-class* CPR C Minimum 5 hours in-class* OR 3 hours online learning** + minimum 3 hours in-class*	Basic First Aid CPR A Minimum 6.5 hours in-class* OR 4 hours online learning** + minimum 4 hours in-class* Basic First Aid CPR C Minimum 7 hours in-class* OR 4 hours online learning** + minimum 5 hours in-class*	Intermediate First Aid CPR A Minimum 13 hours in-class* OR 8 hours online learning** + minimum 7 hours in-class* Intermediate First Aid CPR C Minimum 14 hours in-class* OR 8 hours online learning** + minimum 7.5 hours in-class*
Audience	Ideal for workplaces, caregivers, and anyone looking to enhance their emergency response abilities for use at work, in the community, or at home.	Ideal for workplaces, community members, and anyone seeking basic first aid certification for use at work, in the community, or at home.	Ideal for workplaces, community members, and anyone seeking a well-rounded first aid certification for use at work, in the community, or at home.
Description	This course focuses on life- saving skills for individuals experiencing cardiac arrest or circulation emergencies. Learners will develop proper CPR (cardiopulmonary resuscitation) techniques for adults, children, and infants (depending on the level), learn how to use an AED (Automated External Defibrillator) and more.	This course provides essential first aid training for responding to emergencies. Learners will develop knowledge and skills in CPR, AED use, choking response, circulation emergencies, wound care, and more. Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace. This course aligns with CSA (Canadian Standards Association) Basic First Aid (Z1210).	This course provides in-depth first aid training for a wide range of medical emergencies. Learners will develop knowledge and skills in CPR, AED use, choking response, circulation emergencies, wound care, fracture management, sudden medical emergencies and more. Course curriculum meets the requirements for the Federal or Provincial Authority Having Jurisdiction over first aid training for the workplace. This course aligns with CSA Intermediate First Aid (Z1210).

*The teaching time does not include breaks.
**Online learning time will vary depending on the learner.
***Previously called Emergency First Aid
****Previously called Standard First Aid