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Cheryl McCart
Is Certified in Standard
First Aid & CPR/AED level C (BL)
CSA Std. Z1210-17 – Intermediate

Certificate number: 103989861
Expiry Date: 2026-03-25
Issue Date: 2023-03-26
Issued in: ON

To validate a certificate, go to myrc.redcross.ca and click on Validate Certificate. Complete both fields and click on Validate. The search result will either verify the certificate or indicate an issue.

Heart 2 Heart First Aid CPR Services
<http://heart2heartcpr.com>

Canadian Red Cross Society Standard First Aid meets all Provincial, Territorial and Federal workplace legislative requirements. It also meets the requirements of CSA Standard Z1210-17 First Aid Training for the Workplace – Curriculum and Quality Management for Training Agencies

Specifically in Saskatchewan, legislation requires the following to be listed on the wall certificate:

1. Course Duration: 18-22 hours includes 14-16 hours first aid, and 4-6 hours CPR
2. Course Content includes the following
 - a. Preparing for Emergencies
 - b. The Role of the First Aider: Legal aspects, prevention of disease transmission, responsibilities of the first aider, coping with a traumatic event, crisis intervention, shaken baby syndrome
 - c. The Emergency Medical Services System: When and how to call EMS, interaction with EMS
 - d. Basic Anatomy and Physiology: Body systems
 - e. Primary and Secondary Assessment: Recovery position, when & how to use
 - f. Emergency Scene Management
 - g. Assessment and Monitoring of Basic Vital Signs
 - h. Respiratory Emergencies: Basic respiratory system, anatomy, management of airways, resuscitation, airway obstruction, conscious and unconscious adults, child, and infant, prevention, recognition & treatment
 - i. Chest Injuries: Pneumothorax, hemothorax, flail chest, penetrating chest wound
 - j. Respiratory Distress: Asthma, hyperventilation, anaphylactic shock
 - k. Circulatory Emergencies: Basic anatomy of circulatory system, heart attack and stroke, risk factors, signs and symptoms of heart attack and stroke
 - l. Cardiopulmonary Resuscitation (includes barrier devices): Adult, child, and infant including the use of AED
 - m. Bleeding & Wounds: Control of bleeding, bandaging, severe bleeding, tourniquet, shock, unconsciousness and fainting
 - n. Soft Tissue Injuries & Abdominal Injuries
 - o. Head, Spinal and Pelvic Injuries: Spinal motion restriction, eye injuries, mouth and facial injuries
 - p. Upper and Lower Extremity Injuries (fractures)
 - q. Medical Emergencies: Diabetes, epilepsy, convulsions, childbirth
 - r. Environmental Injuries: Assessment and treatment of burns, hypothermia, heat and cold related emergencies
 - s. Assessment and Treatment of Poisons and Substance Misuse and Abuse
 - t. Multiple Casualty Management
 - u. Movement of Casualty: Rescue moves
 - v. Understanding and Familiarity with Relevant Occupational Health & Safety
3. Expiry Date: This certificate is valid for 3 years from the date of issue
4. Recertification can be obtained by attending a recertification course prior to the expiry date of this certificate. All recertification's include assessing skills and knowledge components listed above, as well as providing any new information



1 877 356-3226 myrc.redcross.ca



Cheryl McCart
est certifié en Secourisme général
et RCR/DEA niveau C
Norme CSAZ1210-17/Intermédiaire

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