



Rita Omoregie
Is Certified in Standard
First Aid & CPR/AED level C
CSA Std. Z1210-17 – Intermediate

Certificate number: 102759583
Expiry Date: 2024-11-02
Issue Date: 2021-11-03
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: 15-22 hours includes 14-16 hours first aid, and 4-6 hours CPR
2. Course Content includes the following:

3. Preparing for Emergencies
4. The Role of the First Aider: Legal aspects, prevention of disease transmission, responsibilities of the first aider, working with a team/first responder, crisis intervention, disaster relief operations
5. The Emergency Medical Services System: When and how to call EMS, interaction with EMS
6. Basic Anatomy and Physiology: Body systems
7. Primary and Secondary Assessment: Recovery position, when & how to use
8. Emergency Scene Management
9. Assessment and Monitoring of Basic Vital Signs
10. Respiratory Emergencies: Basic respiratory system, anatomy, management of airway, resuscitation, airway obstruction, asphyxia and strangulation, choking and vomit, asthma, recognition & treatment
11. Chest Injuries: Pneumothorax, hemothorax, flail chest, penetrating chest wound
12. Respiratory Distress: Asthma, hyperinflation, anaphylactic shock
13. Circulatory Emergencies: Basic anatomy of circulatory system, heart attack and stroke, risk factors, signs and symptoms of heart attack and stroke
14. Cardiovascular Resuscitation (includes barrier devices): AED, CPR, and when including the use of AED
15. Bleeding & Wounds: Control of bleeding, bandaging, wound dressing, tourniquet, shock, unconsciousness and choking
16. Soft Tissue Injuries & Abdominal Injuries
17. Head, Spinal and Pelvic Injuries: Spinal motion restriction, eye injuries, mouth and facial injuries
18. Upper and Lower Extremity Injuries (Fractures)
19. Medical Emergencies: Diabetes, epilepsy, convulsions, children
20. Environmental Injuries: Assessment and treatment of burns, hypothermia, heat and cold related emergencies
21. Assessment and Treatment of Poisoning and Substance Misuse and Abuse
22. Multiple Casualty Management
23. Movement of Casualty: Rescue tactics
24. Understanding and Familiarity with Relevant Occupational Health & Safety

3. Expiry Date: This certificate is valid for 2 years from the date of issue

4. Renewal/Update can be obtained by attending a recertification course prior to the expiry date of the certificate. A recertification course includes assessing skills and knowledge components listed above, as well as providing any new information.



1 877 356-3226 myrc.redcross.ca