

Benjamin David Freidlin Is Certified In Standard First Aid & CPR/AED Level C (BL) CSA Std. Z1210-17 – Intermediate



Certificate Number: 106798847
Expiry Date: 2029-01-30
Issue Date: 2026-01-31
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.

Durham First Aid Inc.
www.durhamfirstaid.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, including 14-16 hours of first aid and 4-6 hours of 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, and 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 and 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, and treatment.
 - i. **Chest Injuries:** Pneumothorax, hemothorax, flail chest, and penetrating chest wound.
 - j. **Respiratory Distress:** Asthma, hyperventilation, and anaphylactic shock.
 - k. **Circulatory Emergencies:** Basic anatomy of the circulatory system, heart attack and stroke, risk factors, and 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 and Wounds:** Control of bleeding, bandaging, severe bleeding, tourniquet, shock, unconsciousness, and fainting.
 - n. **Soft Tissue Injuries and Abdominal Injuries**
 - o. **Head, Spinal and Pelvic Injuries:** Spinal motion restriction, eye injuries, and mouth and facial injuries.
 - p. **Upper and Lower Extremity Injuries (fractures)**
 - q. **Medical Emergencies:** Diabetes, epilepsy, convulsions, and childbirth.
 - r. **Environmental Injuries:** Assessment and treatment of burns, hypothermia, and 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 and 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 recertifications include assessing skills and knowledge components listed above, as well as providing any new information.



1 877 356-3226 myrc.redcross.ca