

Standard First Aid (CPR C) Recert



Recommended Instructional Time

The recommended course lengths are based on a class of 18 candidates. The actual time needed will vary with the number and maturity of the candidates, and their prior knowledge, training and experience.

Notes

- The recommended course time guidelines are designed to assist instructors with lesson planning and creating course outlines.
- Recommended course time guidelines do not account for breaks or the 30 minute unstructured break every 5 consecutive hours as required.
- In addition to the required 30-minute unstructured break every 5 consecutive hours, the Society recommends additional short breaks if programming an 8-hour course.
- The Candidate to Instructor ratio is a maximum of 18:1. Classes with less than 3 must follow the requirements listed in the First Aid Program Policies.

Time Guidelines

Time	Item	Test Item
10 min	n/a	Introduction & orientation
5 min	n/a	The Lifesaving Society
15 min	1	Principles of first aid
	2	Legalities of first aid
	3	Self-protection
	4	Communication
5 min	7	AED protocol
35 min	11, 14, 17, 20	One and two-rescuer CPR: adult, child & infant
15 min	12, 15, 18	Obstructed airway: conscious adult, child & infant
10 min	13, 16, 19	Obstructed airway: unresponsive adult, child & infant
30 min	8, 22d	Victim assessment: conscious (inc. stroke)
	9, 22a	Victim assessment: unresponsive (inc. shock)
15 min	21	Respiratory emergencies
Inclusive	22a	Circulatory emergency: shock
20 min	22b	Circulatory emergency: major bleeding
15 min	22c	Circulatory emergency: non-traumatic chest pain
Inclusive	22d	Circulatory emergency: stroke
15 min	23a	Medical emergency: seizure
	23b	Medical emergency: diabetic
10 min	24	Mental health emergencies
40 min	25a	Injury management: wounds
15 min	25b	Injury management: burns
30 min	25c	Injury management: facial injuries
30 min	25d	Injury management: chest
	25e	Injury management: abdominal
15 min	26a	Skeletal injury: head & spine
40 min	26b	Skeletal injury: bone & joint
20 min	27a	Environmental emergency: heat & cold injuries
20 min	27b	Environmental emergency: poisoning
10 min	27c	Environmental emergency: pressure-related injury
30 min	n/a	Scenarios
30 min	n/a	Written exam
8 hours	Total recommended time for Standard First Aid Recertification	