



# Rescue Plus Program List

## **WSIB Recognized Workplace First Aid & CPR Certification Programs**

<b><u>Emergency Responder</u></b>	<b>7 – 8 Hrs</b>
Emergency First Aid + CPR (Adult, Child and or Infant) Level A, B or C	
<b><u>Advanced Responder</u></b>	<b>14 – 16 Hrs</b>
Standard First Aid + CPR (Adult, Child and or Infant) Level A, B or C	
<b><u>Advanced Responder Re-certification</u></b>	<b>7 – 8 Hrs</b>
Standard First Aid + CPR (Adult, Child and or Infant) Level A, B or C	
<b><u>Fitness, Sports &amp; Resort Facility Responder</u></b>	<b>7 – 16 Hrs</b>
Emergency or Standard First Aid and CPR Programs tailored for your facility	

## **CPR Programs for Adults - Workplace/ Home/Private/ Community Programs**

<b><u>Heart Saver</u></b> - Adult CPR Level (A)	<b>3 – 4 Hrs</b>
<b><u>Heart Saver Plus</u></b> - Adult CPR Plus Infant <u>OR</u> Child CPR	<b>3 – 4 Hrs</b>
<b><u>Basic Rescuer</u></b> - Infant, Child and Adult CPR Level (C)	<b>4 – 6 Hrs</b>
<b><u>Basic Rescuer Re-Certification</u></b> – Level (C)	<b>3 - 4 Hrs</b>
<b><u>CPR For Dental Professionals</u></b> – Level (C) Re-Certification	<b>3 – 3.5 Hrs</b>
<b><u>AED Provider</u></b>	<b>3 – 4 Hrs</b>

## **CHILD SAFETY TRAINING – \*Adult Programs\***

<b><u>Safe Steps™</u></b>	<b>4 ½ - 6 Hrs</b>
Child Safety, Injury Prevention, Home Safety, First Aid & CPR Program	
<b><u>Safe Steps</u></b> – Toronto Hostels Training Centre Program	<b>4 Hrs</b>
Child Safety, Injury Prevention, First Aid and CPR Program Designed for staff of hostels/shelters/agencies working with families and children	
<b><u>Basic First Aid</u></b> – Tailored review or introduction of First Aid and CPR skills	<b>4 Hrs</b>
<b><u>Emergency Responder</u></b> for Childcare Providers and Teachers	<b>7 – 8 Hrs</b>
Emergency First Aid + CPR Certification	
<b><u>Advanced Responder</u></b> for Childcare Providers and Teachers	<b>14- 16 Hrs</b>
Standard First Aid + CPR Certification	
<b><u>Infant and Child CPR For Parents</u></b> (CPR, Car Seat Safety / Injury Prevention / Home Safety)	<b>4 Hrs</b>
Recognized CPR certification - Heart & Stroke Foundation of Ontario standards	
<b><u>Child Restraint Technician</u></b> – for community volunteers and CSSC members	<b>2½ Days</b>
St. John Ambulance Child Restraint Certification Training	
<b><u>Safe Steps Lunch and Learn</u></b>	<b>1 – 1 ½ Hrs</b>
Topics; Car Seat Safety, Home Safety, First Aid, CPR, Injury Prevention, Anaphylaxis	

## **CHILD SAFETY TRAINING – \*Programs for Children\***

<b><u>Safe Steps Junior Rescuer</u></b> with or without Zap's 5 for Stayin' Alive	<b>1 Hr</b>
<b><u>Safe Steps Intermediate Rescuer</u></b> with or without Zap's 5 for Stayin' Alive	<b>1 ½ Hrs</b>
<b><u>Safe Steps Senior Rescuer</u></b> with	<b>2 Hrs</b>
<b><u>Safe Steps Basic First Aid</u></b> for children 12 and older	<b>3 Hrs</b>
<b><u>Safe Steps for Summer Camps</u></b>	
<b><u>Mighty Tikes</u></b> – Street-Proofing/Abduction Prevention Program for 4-7 year olds	<b>3 x 1.5 sessions</b>

\*All child programs include injury prevention, safety awareness and lifesaving skills suitable to their age, needs and learning abilities\*

**Call For Program Details\*Minimal Class Sizes\*Group Rates\*Satisfaction Guaranteed**