Importance of
First Aid Education

8–9 minutes
Bystander CPR can still improve survival even when started this long after cardiac arrest. [1]

60,000
Approx. out-of-hospital cardiac arrests occur in Canada each year, with only 10% surviving. Nearly half occur at home. [2] [3]

10%
The drop in resuscitation success for every minute without access to an AED. [6] [7]

8 minutes
Average emergency response time for life-threatening calls in urban areas of Ontario. [4]

24%
Survival rate when a bystander uses an AED immediately— compared to **9%** without it. [8]

10x
Immediate CPR and AED use can increase chances of survival ten-fold after cardiac arrest. [5]

Stats on other high-impact first aid interventions

First aid education can **reduce patient morbidity and mortality** for a variety of emergency conditions, including opioid poisoning, snake bites, trauma, and burns. [9]

Education on bleeding emergencies leads to **improvements in knowledge, skill, confidence, and willingness to intervene** to stop bleeds for participants. [10]

Why Canadian Red Cross?

Trusted Leader in First Aid Training

900,000+
Canadians trained annually

80+
years of trusted experience

2400+
Training Partners across Canada

Instructional Design & Standards

- Learner-centered and evidence-based training
- Built to maximize retention and confidence to act
- Designed for Real-World Readiness
- Aligned with CSA standards

Learning Outcomes

- Prevent injury
- Recognize illness or injury
- Provide effective care

Experience & Accessibility

- Hands-on learning using real-life scenarios
- Inclusive learning environment
- Flexible course formats
- Bilingual: English & French

First Aid Program

Courses for work, community and home

CPR – Level A & C

CPR, AED use, choking response and circulation emergencies.

Emergency First Aid (Basic) – CPR Level A & C

CPR, AED use, choking response, circulation emergencies, wound care, and more.

Meets CSA Z1210-17 Basic standards

Standard First Aid (Intermediate) – CPR Level A & C

CPR, AED use, choking response, circulation emergencies, wound care management, sudden medical emergencies and more.

Meets CSA Z1210-17 Intermediate standards

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References

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[4] Source: Land Ambulance Response Time Standard - Response Times - Open Government Portal
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