

Interested in First Aid Training ?



Wilderness & Remote First Aid

A basic level of Wilderness & Remote First Aid & CPR is for individuals who recreate or live in isolated or wilderness settings and need to respond to emergencies when advanced care is not immediately available.

CPR A with AED

This course teaches adult resuscitation only and is suitable for adult care givers, family members, seniors, high school teachers, coaches (for adults) and the general public.

CPR B with AED

This course is suited for anyone who cares for adults, children or infants including parents, family members, coaches, school teachers as well as the general public.

CPR C with AED

This course targets people who have a duty to respond to medical emergencies in a pre-hospital care environment as well as the general public.

Emergency First Aid—Community Care

This course is suitable for anyone who provides care for infants, children and/or adults including licensed adult residential care and child care workers, federal government employees, home care providers, coaches, spectators at any amateur sporting event, expectant parents and grandparents.

Save That Child

This course is great for parents, grandparents, and others who care for infants or children in an informal capacity. The course stresses accident prevention while also teaching first aid skills. Learn how to effectively prevent, recognize, and respond to child emergencies in a casual and social setting.

Junior Emergency First Aid

This one-day certification course is taught using audio-visuals and supervised practical sessions. The course is designed to enable young people to recognize and respond to situations such as choking, severe bleeding, burns, fractures, and unconsciousness.

Babysitting Basics

This course teaches young people aged 11 years and older how to care for children and infants while babysitting. The course enhances awareness and safety by teaching responsible babysitting, and helping to develop skills to cope with common emergencies.

Name: _____

Phone: _____

Email: _____



Please check the box of the course you are interested in attending. One page per person. Please hand in completed form to QHS.