Canadian Red Cross – Standard (Intermediate) First Aid Course

To better prepare community members for a major earthquake the Strathcona Regional District is offering a free two-day long Standard (Intermediate) First Aid w/ CPR-C certification course.

Dates: Saturday October 18th & Sunday October 19th, 2025

Time: 10:00am - 7:00pm (both days)

Location: Heritage Hall – 1257 Sayward Road

This Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Course completion provides a 3-year certification in Standard (Intermediate) First Aid with CPR Level C and AED.

Course Content

The Red Cross	Preparing to Respond	The EMS System
Check, Call, Care	Air Emergencies	Breathing and Circulation Emergencies
Respiratory and Cardiac Arrest	Wound Care	Head & Spine Injuries
Bone, Muscle and Joint Injuries	Sudden Medical Emergencies	Environmental Emergencies
Poisons		

To Register please contact Shaun Koopman, Manager of Emergency Services, at skoopman@srd.ca or 250-830-6702.