

First Aid: What's New for Instructors, Examiners and Trainers

New First Aid Courses

Transition Information

The new Workplace Safety and Insurance Board's (WSIB) workplace first aid program is anticipated to launch across Ontario in summer 2026. WSIB has indicated the program will have a firm launch date, not a transition period. This means:

- Emergency and Standard First Aid courses will be discontinued by training providers upon the launch of the new program.
- All Emergency and Standard First Aid courses must be completed before the launch date.
- Any Emergency First Aid or Standard First Aid courses completed after the launch date will not be processed by the Society.
- New Basic (formerly Emergency) and Intermediate (formerly Standard) First Aid courses can begin on the launch date.

Award Currency

Emergency and Standard First Aid certifications issued before the launch of the new program remain valid for 36 months from the date of issue. The new Basic and Intermediate First Aid certifications are valid for 36 months from the date of certification.

Recertification

There is no recertification for Basic First Aid. The 8-hour course is required every 36 months to remain current.

Intermediate First Aid awards can be recertified within 36 months of successfully completing a full (16-hour) Intermediate First Aid course.

Current Standard First Aid award holders are required to complete a **full Intermediate First Aid course** at the time of renewal for their award. Recertification courses cannot be used to transfer your qualification from the previous Standard First Aid awards to the new Intermediate First Aid awards.

For example: If you are a current award holder of Standard First Aid and you most recently took a full course, you will still be required to take a full Intermediate First Aid course before your expiry date. You cannot take a recertification.

Prerequisites

There are no prerequisites for Basic or Intermediate First Aid courses.

Emergency First Aid is considered equivalent to Basic First Aid and Intermediate First Aid is considered equivalent to Standard First Aid for the purposes of prerequisites. The Society will continue to accept Emergency First Aid and Standard First Aid as prerequisites for courses. Prerequisites need not be current.

Change Summary – First Aid Courses

Current Award Title / Course Name	New Award Title / Course Name	Course Time	Status	Additional Info
Basic First Aid (existing Society Program)	N/A	N/A	Retired as of June 1, 2026.	Instant awards can be returned for credit.
Emergency First Aid	Basic First Aid with CPR-C & AED	8 hrs	New course and curriculum.	The new Basic First Aid will be a prerequisite for Bronze Cross. Emergency First Aid will remain an accepted prerequisite.
Standard First Aid	Intermediate First Aid with CPR-C & AED	16 hrs	New course and curriculum.	Intermediate First Aid will be a prerequisite for National Lifeguard. Standard First Aid will remain an accepted prerequisite.
CPR-Health Care Provider	CPR-HCP/BLS & AED	4 hrs	N/A	Course and all materials not impacted.

FIRST AID TRANSITION

Current Award Title / Course Name	New Award Title / Course Name	Course Time	Status	Additional Info
CPR-A	CPR-A & AED	3 hrs	New course title, no curriculum changes.	Affiliates can continue to issue Instant Award cards with the award title CPR-A until the Society begins issuing re-titled cards.
CPR-B	N/A	N/A	Retired as of June 1, 2026.	Instant awards can be returned for credit.
CPR-C	CPR-C & AED	4 hrs	New course title.	Affiliates can continue to issue Instant Award cards with the award title CPR-C until the Society begins issuing re-titled cards.
AED	N/A	N/A	Retired as of June 1, 2026. AED is now incorporated into other certifications.	Unused temporary cards can be returned for credit.
Anaphylaxis Rescuer	N/A	1 hr	N/A	N/A
Airway Management	N/A	2 hrs	N/A	<i>New Canadian First Aid Manual.</i>

First Aid Instructor, Examiner and Trainer Updates

First Aid Instructors teach Basic and Intermediate First Aid candidates. First Aid Examiners examine Basic and Intermediate candidates. First Aid Trainers train First Aid Instructors.

First Aid Update Course

The First Aid Update Course will be offered online. All instructors and examiners must successfully complete a First Aid Update Course before teaching or examining the new program. All Trainers must successfully complete an update before conducting any First Aid Instructor courses. The course length is approximately two hours. More details are coming soon.

New First Aid Instructor Prerequisites

All current Standard First Aid Instructors and Examiners must be 18 years of age and have completed a First Aid Update Course in order to teach/examine Basic or Intermediate First Aid.

Current instructors who are under 18 years of age can attend a First Aid Update Course, but won't be eligible to teach or examine courses until they are 18 years of age. Affected instructors and examiners will receive direct communications from the Society.

Emergency First Aid Instructor Award Retirement

The Society's Emergency First Aid Instructor award retirement will coincide with the launch date of the new program. Until the new program launches, currently certified Emergency First Aid Instructors can certify Emergency First Aid candidates. Emergency First Aid Instructors who want to teach the new Basic and Intermediate First Aid courses must successfully complete the First Aid Instructor Update Course, meet the First Aid Instructor prerequisites and complete other award transition requirements (details coming soon).

Leadership Recertification

Leadership recertification points earned by taking, teaching or examining an Emergency or Standard First Aid course during an instructor's/examiner's recertification period can be used to recertify awards.

New First Aid Instructor and Examiner certification cards will be issued at the time of recertification, not upon successful completion of the First Aid Update Course.

Change Summary – Leadership Awards

Current Award Title	New Award Title	Status	Additional Info
Standard First Aid Instructor	First Aid Instructor	Award holders who successfully complete a First Aid Update Course remain certified to teach the new Basic and Intermediate First Aid courses.	New certification cards will be issued upon recertification, not after completion of the First Aid Update Course.
Emergency First Aid Instructor	N/A	Leadership certification retired in conjunction with the new program launch (date to be confirmed).	A pathway for Emergency First Aid Instructors to upgrade to First Aid Instructors is in development. More details coming soon.
Standard First Aid Examiner	First Aid Examiner	Award holders who successfully complete a First Aid Update Course remain certified to examine the new Basic and Intermediate First Aid courses.	New certification cards will be issued upon recertification, not after completion of the First Aid Update Course.
First Aid Trainer	N/A	Award holders who successfully complete a First Aid Update Course will remain certified to teach First Aid Instructors.	New certification cards will be issued upon recertification, not after completion of the First Aid Update Course.

New First Aid Resources and Literature

New course materials will be required for candidates, instructors, examiners and trainers. Previous materials will be retired upon launch. It is the responsibility of the affiliate, instructor, examiner, trainer or candidate to ensure they have the appropriate course materials.

The purchase of new materials is included for instructors, examiners and trainers when they register for the First Aid Update Course.

All materials will be available for purchase on LifeguardDepot.com as soon as possible. Test sheets, the Leadership Master Sheet, the *Program Guide*, and similar materials will remain available for download at LifesavingSociety.com.

Affiliates, instructors, examiners and trainers will be notified by email when new materials are available for purchase or posted online.

New Course Materials Summary

New Item	Audience	Where to Find	Required or Recommended
<i>Canadian First Aid Manual</i>	Affiliates, Instructors, Examiners, Trainers, Candidates	LifeguardDepot.com First Aid Update Instructor Pack.	Required.
<i>First Aid Award Guide</i>	Instructors, Examiners, Trainers	LifeguardDepot.com First Aid Update Instructor Pack.	Required.
<i>Teaching First Aid USB</i>	Instructors, Examiners, Trainers	LifeguardDepot.com First Aid Update Instructor Pack.	Required.
Test Sheets	Instructors, Examiners	Find a Form.	Required.
Leadership Master Sheet	Trainers	Find a Form.	Required.
Leadership Recert Point Lists (Instructor, Examiner, Trainer)	Instructors, Examiners, Trainers	Find a Form.	<i>Any First Aid awards earned, taught or examined during the recertification period will count towards recertification.</i>
<i>Canadian Lifesaving Manual</i>	Candidates	N/A	Can no longer be used for first aid courses.

Note: Copies of the most recent previous edition of some books may be eligible for return for credit (see [Return Policy for Literature](#)).

New Candidate Resources

Canadian First Aid Manual: A new, fully revised edition of the *Canadian First Aid Manual* is required for all candidates in Basic and Intermediate First Aid courses. Ensure you have the correct edition.

New Instructor Resources

All instructor, examiner and trainer resources will be available on LifeguardDepot.com

- NEW *First Aid Award Guide* – features significant updates to curriculum and evaluation criteria.
- First Aid Instructor Pack – new pack includes: *Canadian First Aid Manual*, *First Aid Award Guide*, *Teaching First Aid USB*.
- First Aid Instructor Transition Pack – a special, limited time offer for instructors, examiners and trainers who register for the First Aid Update Course (pack includes *Canadian First Aid Manual*).
- *Teaching First Aid USB* – this resource includes: lesson plans, instructional slide presentations and videos, the new *Course Guide for Workplace First Aid*, first aid test. These materials are required for use by all instructors of the new first aid program.

Test Sheets

New test sheets for Basic and Intermediate First Aid courses will be available on the Society's website under Find a Form.

- Emergency or Standard First Aid test sheets can only be used for courses ending before the launch date (to be confirmed). All courses after the launch date must be conducted with the new curriculum, materials and test sheets.

Return Policy for Literature

Affiliates may return recently purchased copies of the *Canadian First Aid Manual*, *First Aid Award Guide* and complete First Aid Instructor Packs for credit, provided the materials meet the following requirements:

- most recent edition,
- unused (not damaged, bent, marked, or partially read),
- exchanged before August 31.

Complete the Returns/Exchanges Process through LifeguardDepot.com.