



FIRST AID PROGRAMMING INFORMATION

In accordance with WSIB regulation, the Lifesaving Society has updated its first aid programs to comply with CSA Z12110:24, the national benchmark for workplace first aid training. Learn about all the [WSIB First Aid Program Changes](#) on our website.

The Lifesaving Society's First Aid are approved by the Workplace Safety & Insurance Board (WSIB) and its Basic First Aid and Intermediate First Aid certifications satisfy all workplace first aid training requirements in Ontario.

First Aid Course Programming

Combined Course Times

First Aid awards may be offered as stand-alone courses or combined with other lifesaving courses: e.g., Basic First Aid with Bronze Medallion or Intermediate First Aid with Bronze Cross. Combining first aid and lifesaving awards allows candidates to earn both certifications at the same time. Suggested course combinations and time required to teach content items are:

First Aid awards combined with other awards	Total instructional time
CPR-C + Bronze Star	16 hr.
Basic First Aid + Bronze Medallion	21 hr.
Basic First Aid + Bronze Cross	26 hr.
Intermediate First Aid + Bronze Cross	32 hr.
Intermediate First Aid + National Lifeguard	52 hr.



Basic First Aid (8 hr.): Includes CPR-C & AED certification.

Basic First Aid (formerly Emergency First Aid) provides awareness, knowledge, and skills to respond to common first aid emergencies. The course includes scene and primary assessment, CPR-C, AED use, breathing emergencies, circulatory emergencies and the treatment of wounds.

Prerequisite: None.

Instruction and certification: Current Standard First Aid Instructors who are 18 years of age or older and have successfully completed the First Aid Update Course may teach candidates. Current Standard First Aid Examiners who are 18 years of age or older and have successfully completed the First Aid Update Course may certify candidates. A First Aid Examiner must be present throughout the entire Basic First Aid course to evaluate candidates. *After June 22, upon recertification of leadership awards, "Standard" will be removed from all First Aid Instructor and Examiner award titles.*

Candidate recognition: Certification card.

Required candidate references: *Canadian First Aid Manual.*

Required instructor references: *First Aid Award Guide, Teaching First Aid resource, Canadian First Aid Manual.*

Instructional format: This certification is delivered through in-person learning only.

Instructional time: 8 hours is the minimum required time for up to 18 candidates in the course. The instructional time includes 3.5 hours of hands-on practical skills training, and 4.5 hours of theory-based learning, course examinations, administrative tasks and breaks. More instructional may be required depending on the course format, number of candidates and the learning activities selected. Follow the lesson plans and sample agendas for course structure and timetable outlined in the *Teaching First Aid resource.*

Required equipment: Affiliates and Instructors must ensure all the equipment outlined in the Society [First Aid Equipment List](#) is available during the course. In addition, typical classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape and A/V equipment should be used.

Recertification: There is no recertification for Basic First Aid. To remain current, candidates retake the full course.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.



Intermediate First Aid (16 hr.): Includes CPR-C & AED certification.

Intermediate First Aid (formerly Standard First Aid) includes all aspects of Basic First Aid and provides additional comprehensive first aid training. Candidates demonstrate first aid care for anaphylaxis, shock, stroke, amputations, facial injuries, burn injuries, fractures and dislocations, neck or spinal column injuries, seizures, diabetic emergencies, and environmental injury and illness. Includes CPR-C with AED certification for adult, child and infant.

Prerequisite: None.

Instruction and certification: Current Standard First Aid Instructors who are 18 years of age or older and have successfully completed the First Aid Update Course may teach candidates. Current Standard First Aid Examiners who are 18 years of age or older and have successfully completed the First Aid Update Course may certify candidates. A First Aid Examiner must be present throughout the entire Basic First Aid course to evaluate candidates. *After June 22, upon recertification of leadership awards, "Standard" will be removed from all First Aid Instructor and Examiner award titles.*

Candidate recognition: Certification card.

Required references: *Canadian First Aid Manual.*

Mandatory instructor references: *First Aid Award Guide, Teaching First Aid resource, Canadian First Aid Manual.*

Instructional format: This certification is delivered through in-person learning only.

Instructional time: 16 hours is the minimum required time for up to 18 candidates in the course. The instructional time includes 7 hours of hands-on practical skills training, and 9 hours of theory-based learning, course examinations, administrative tasks and breaks. More instructional may be required depending on the course format, number of candidates and the learning activities selected. Follow the lesson plans and sample agendas for course structure and timetable outlined in the *Teaching First Aid resource.*

Required equipment: Affiliates and Instructors must ensure that all the equipment outlined in the Society [First Aid Equipment List](#) is available during the course. In addition, typical classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape and A/V equipment should be used.

Recertification (8 hr.) Intermediate First Aid certification remains current for 36 months from the date of certification. As per WSIB regulations, current Intermediate First Aid (IFA) award holders may recertify their Lifesaving Society IFA certification just once with any WSIB-approved first aid training provider.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.



Intermediate First Aid Recertification (8 hr.): Includes CPR-C & AED certification.

Candidates may take an Intermediate First Aid Recertification course within 36 months of completing an Intermediate First Aid Full Course (16 hours). Recertification for Intermediate First Aid covers the essential workplace first aid competencies, including CPR-C with AED certification for adult, child and infant, emergency scene management, recognition and management of life-threatening airway, breathing, circulation, and bleeding emergencies, identification and response to medical emergencies, and management of soft tissue and musculoskeletal injuries.

Prerequisite: Current Intermediate First Aid with any WSIB approved agency. A list of WSIB approved training providers will be available on our website as of June 22, 2026.

Instruction and certification: Current Standard First Aid Instructors who are 18 years of age or older and have successfully completed the First Aid Update Course may teach candidates. Current Standard First Aid Examiners who are 18 years of age or older and have successfully completed the First Aid Update Course may certify candidates. A First Aid Examiner must be present throughout the entire Basic First Aid course to evaluate candidates. *After June 22, upon recertification of leadership awards, "Standard" will be removed from all First Aid Instructor and Examiner award titles.*

Candidate recognition: Certification card.

Required references: *Canadian First Aid Manual.*

Mandatory instructor references: *First Aid Award Guide, Teaching First Aid resource, Canadian First Aid Manual.*

Instructional format: This certification is delivered through in-person learning only.

Instructional time: 8 hours is the minimum required time for up to 18 candidates in the course. including hands-on practical skills training and theory-based learning, course examinations, administrative tasks and breaks. More instructional may be required depending on the course format, number of candidates and the learning activities selected. Follow the lesson plans and sample agendas for course structure and timetable outlined in the *Teaching First Aid resource.*

Required equipment: Affiliates and Instructors must ensure all the equipment outlined in the Society [First Aid Equipment List](#) is available during the course. In addition, typical classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape and A/V equipment should be used.

Recertification: No recertification available. Candidates must take a full 16-hour Intermediate First Aid course to maintain currency.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.



CPR: Three levels of CPR training are designed to meet the needs of the public, professional rescuers such as lifeguards and Health Care Providers:

CPR-A & AED (3 hr.) teaches how to do CPR and choking procedures for adults (one and two-rescuer) and includes the importance of early defibrillation and how to use an AED.

CPR-C & AED (4 hr.) covers all aspects of CPR skills and theory for adult, child and infant victims including two-rescuer CPR skills. CPR-C includes the importance of early defibrillation and how to use an AED. CPR-C & AED certification is included in Basic and Intermediate First Aid.

Prerequisite: None.

Instruction and certification: Current First Aid Instructors teach and certify candidates.

Candidate recognition: Certification cards. (See *Permanent certification cards* sidebar, page 60.)

Required references: *Canadian First Aid Manual*.

Instructional format: These certifications are delivered through in-person learning only.

Instructional time: 3 hours for CPR-A & AED and 4 hours for CPR-C & AED is the minimum required time for up to 18 candidates in each course (i.e., time spent actively teaching). Breaks are not included in the minimum instructional time. More instructional may be required depending on the course format, number of candidates and the learning activities selected.

Note: *Affiliates must advertise courses to the public using the total course time (instructional time + breaks).*

Required equipment: Classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape, A/V equipment. Barrier devices, CPR training manikins, and AED Trainers.

Recertification: CPR-A, or -C course.

Fees: The Lifesaving Society exam fee applies to successful candidates only.



CPR-HCP/BLS & AED (CPR-Health Care Provider/Basic Life Support) (4 hr.): Covers all aspects of CPR skills and theory for adult, child and infant victims, including rescue breathing and the use of AEDs and bag-valve-masks. This level is designed specifically for those who, as part of their job descriptions as Health Care Providers, have a duty to respond to medical emergencies (e.g., doctors, nurses, paramedics and allied health care professionals).

Prerequisite: None.

Instruction and certification: Current First Aid Instructors who hold Lifesaving Society CPR-HCP/BLS teach CPR-HCP/BLS. Current First Aid Examiners who hold a Lifesaving Society CPR-HCP/BLS certify candidates.

Candidate recognition: Certification card.

Required references: *Canadian CPR-HCP Manual.*

Instructional format: This certification is delivered through in-person learning only.

Instructional time: 4 hours is the minimum required time for up to 18 candidates in the course (i.e., time spent actively teaching). Breaks are not included in the minimum instructional time. More instructional may be required depending on the course format, number of candidates and the learning activities selected.

Note: *Affiliates must advertise courses to the public using the total course time (instructional time + breaks).*

Required equipment: Classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape, A/V equipment. Barrier devices, bag-valve-masks, CPR training manikins, and AED Trainers.

Recertification: CPR-HCP/BLS course.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.



Airway Management (2 hr.): Provides senior and experienced first-aiders with specific knowledge and training in the use of oxygen, suction devices, oral airways and masks/bag-valve masks.

Prerequisite: Lifesaving Society Intermediate First Aid, or previous Standard First Aid from a training agency approved by the Ontario government. The list of approved agencies can be found at lifesavingsociety.com.

Instruction and certification: Current First Aid Instructors who hold Lifesaving Society Airway Management teach Airway Management. Current First Aid Examiners who hold Lifesaving Society Airway Management certify candidates.

Candidate recognition: Certification card.

Required references: *Canadian First Aid Manual*.

Instructional format: This certification is delivered through in-person learning only.

Instructional time: 2 hours is the minimum required time for up to 18 candidates in the course (i.e., time spent actively teaching). Breaks are not included in the minimum instructional time. More instructional may be required depending on the course format, number of candidates and the learning activities selected.

Note: *Affiliates must advertise courses to the public using the total course time (instructional time + breaks).*

Required equipment: Classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape, A/V equipment. Barrier devices, oxygen delivery system, bag-valve masks, oral airways, suction unit.

Recertification: Airway Management course.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.



Anaphylaxis Rescuer (1 hr.): Certifies candidates in the prevention and first aid treatment of anaphylaxis using auto-injectors. Ideal for parents, school teachers, camp staff, day-care workers and first aiders who require annual review.

Prerequisite: None.

Instruction and certification: Current First Aid Examiners teach and certify candidates.

Candidate recognition: Certification card.

Required references: None.

Instructional format: This certification is delivered through in-person learning only.

Instructional time: 1 hour is the minimum required time for up to 18 candidates in the course (i.e., time spent actively teaching). Breaks are not included in the minimum instructional time.

Note: *Affiliates must advertise courses to the public using the total course time (instructional time + breaks).*

Required equipment: Classroom supplies such as tables, chairs, flip chart paper, stand and markers, masking tape, A/V equipment. Auto-injector training devices.

Recertification: Anaphylaxis course.

Fees: The Lifesaving Society exam fee applies to successful candidates only.