

# 2021 COURSE LISTINGS, PRICES & DESCRIPTIONS

## FIRST AID COURSES

Emergency First Aid (CSA Basic) - Level A CPR + AED	<b>\$115</b>
Emergency First Aid online blended <a href="http://ab.stjohntraining.ca">ab.stjohntraining.ca</a>	<b>\$115</b>
Standard First Aid (CSA Intermediate) - Level C CPR + AED	<b>\$160</b>
Standard First Aid online blended <a href="http://ab.stjohntraining.ca">ab.stjohntraining.ca</a>	<b>\$160</b>
Standard First Aid (CSA Intermediate) - Level A CPR Recertification + AED	<b>\$160</b>
Standard First Aid (CSA Intermediate) - Level C CPR Recertification + AED	<b>\$160</b>
Standard First Aid (CSA Intermediate) - BLS CPR	<b>\$175</b>
Standard First Aid (CSA Intermediate) - BLS CPR Recertification	<b>\$175</b>
BC Out of Jurisdiction Certificate	<b>\$50</b>
First Aid in Child Care	<b>\$160</b>
First Aid in Child Care online blended <a href="http://ab.stjohntraining.ca">ab.stjohntraining.ca</a>	<b>\$160</b>
First Aid in Child Care Recertification	<b>\$160</b>
First Aid Wilderness Level I	<b>\$95</b>
First Aid Wilderness Level II	<b>\$160</b>
First Aid Wilderness Level III	<b>\$235</b>
Marine First Aid - Basic	<b>\$165</b>
Marine First Aid - Advanced	<b>\$555</b>
Babysitting Basics	<b>\$55</b>
The Lifesaver	<b>\$35</b>

## CPR COURSES

CPR Level A + AED	<b>\$70</b>
CPR Level C + AED	<b>\$105</b>
CPR Level C Recertification + AED	<b>\$70</b>
BLS for Health Care Providers	<b>\$110</b>
BLS for Health Care Providers Recertification	<b>\$75</b>

## INSTRUCTOR DEVELOPMENT PROGRAM

Instructor Development Program	<b>\$650</b>
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## MENTAL HEALTH

Mental Health and Wellness for the Workplace (SJA)	<b>\$145</b>
Mental Health First Aid-Basic (MHCC)	<b>\$160</b>
Mental Health First Aid for Individuals Who Interact With Youth (MHCC)	<b>\$160</b>

## ADVANCED LEVELS

Medical First Responder (MFR)	<b>\$600</b>
Medical First Responder (MFR) Recertification	<b>\$300</b>
Advanced First Aid (CSA Advanced)	<b>\$1,200</b>
Advanced First Aid Recertification	<b>\$600</b>
Emergency Medical Responder (EMR)	<b>\$3,175</b>
Emergency Medical Responder Refresher	<b>TBD</b>
International Trauma Life Support (ITLS) - Basic /Advanced	<b>\$450</b>

## ONLINE SAFETY COURSES

For the most up-to-date pricing and course selection please visit [ab.stjohntraining.ca](http://ab.stjohntraining.ca)

WHMIS GHS Online Training	<b>Refer to website</b>
TDG Online Training	<b>Refer to website</b>
H2S Awareness Online Training	<b>Refer to website</b>
Respectful Workplace:	<b>Refer to website</b>
Preventing Harassment and Violence	<b>Refer to website</b>
Cannabis Workplace Safety for Employees	<b>Refer to website</b>
Cannabis Workplace Safety for Employers	<b>Refer to website</b>
Joint Health & Safety Committees and Representatives Online Training	<b>Refer to website</b>
Safety on the Farm	<b>Refer to website</b>

## WORKPLACE

H2S Alive	<b>\$185</b>
Oxygen Administration	<b>\$110</b>
First Aid Drills	<b>\$350</b>
Law Enforcement First Aid	<b>Pricing based on selected levels</b> See page 8 for more information.

## HEALTH AND SAFETY

We Can Help Too!	<b>FREE for Gr 3 &amp; 4</b>
Opioid Overdose Response Training	<b>\$55</b>
Child Safety Seat Technician Training	<b>\$130</b>
Child Safety Seat Technician Recertification	<b>\$55</b>

Prices and dates subject to change.  
Updated December 2020.

Minimum age for all courses is 12 years unless otherwise noted.

**Emergency First Aid (CSA Basic) with CPR A & AED**

Mon, Wed & Fri | 8 a.m. to 4:30 p.m.

**JAN:** 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29  
**FEB:** 1, 3, 5, 8, 10, 12, 16, 18, 22, 24, 26  
**MAR:** 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 30  
**APR:** 1, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30  
**MAY:** 3, 5, 7, 10, 12, 14, 17, 19, 21, 25, 27, 31  
**JUNE:** 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30  
**JULY:** 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30  
**AUG:** 3, 5, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30  
**SEPT:** 1, 3, 7, 9, 13, 15, 17, 20, 22, 24, 27, 29  
**OCT:** 1, 4, 6, 8, 12, 14, 18, 20, 22, 25, 27, 29  
**NOV:** 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29  
**DEC:** 1, 3, 6, 8, 10, 13, 15, 17, 21, 23, 29, 31

**Sat | 8 a.m. to 4:30 p.m.**

<b>JAN:</b> 9, 23	<b>JULY:</b> 10, 24
<b>FEB:</b> 6, 20	<b>AUG:</b> 7, 21
<b>MAR:</b> 6, 20	<b>SEPT:</b> 11, 25
<b>APR:</b> 10, 24	<b>OCT:</b> 16, 30
<b>MAY:</b> 8, 29	<b>NOV:</b> 13, 27
<b>JUNE:</b> 12, 26	<b>DEC:</b> 11

**Emergency First Aid with CPR A & AED Blended Learning In-class Assessment**

**Online theory pre-requisite required**

**Fri | 8 a.m. to 12 p.m.**

<b>JAN:</b> 8	<b>JULY:</b> 2
<b>FEB:</b> 5	<b>AUG:</b> 6
<b>MAR:</b> 5	<b>SEPT:</b> 3
<b>APR:</b> 9	<b>OCT:</b> 1
<b>MAY:</b> 7	<b>NOV:</b> 5
<b>JUNE:</b> 4	<b>DEC:</b> 3

**Standard First Aid A/C (CSA Intermediate) Blended Learning In-class Assessment**

**Online theory pre-requisite required**

**Tues or Thurs or Sat | 8 a.m. to 5 p.m.**

**JAN:** 5, 8, 9, 12, 15, 19, 22, 23, 26, 29  
**FEB:** 2, 5, 6, 9, 12, 16, 19, 20, 23, 26  
**MAR:** 2, 5, 6, 9, 12, 16, 19, 20, 23, 26, 30  
**APR:** 6, 9, 10, 13, 16, 20, 23, 24, 27, 30  
**MAY:** 4, 7, 8, 11, 14, 18, 21, 25, 28, 29  
**JUNE:** 1, 4, 8, 11, 12, 15, 18, 22, 25, 26, 29  
**JULY:** 2, 6, 9, 10, 13, 16, 20, 23, 24, 27, 30  
**AUG:** 3, 6, 7, 10, 13, 17, 20, 21, 24, 27, 31  
**SEPT:** 3, 7, 10, 11, 14, 17, 21, 24, 25, 28  
**OCT:** 1, 5, 8, 12, 15, 16, 19, 22, 26, 29, 30  
**NOV:** 2, 5, 9, 12, 13, 16, 19, 23, 26, 27, 30  
**DEC:** 3, 7, 10, 11, 14, 17, 21, 31

**Standard First Aid (CSA Intermediate) with CPR C & AED**

Mon & Tue or Wed & Thurs | 8 a.m. to 4:30 p.m.

**JAN:** 4&5, 6&7, 11&12, 13&14, 18&19, 20&21, 25&26, 27&28  
**FEB:** 1&2, 3&4, 8&9, 10&11, 16&17, 18&19, 22&23, 24&25  
**MAR:** 1&2, 3&4, 8&9, 10&11, 15&16, 17&18, 22&23, 24&25, 29&30, 31&APRIL 1  
**APR:** 5&6, 7&8, 12&13, 14&15, 19&20, 21&22, 26&27, 28&29  
**MAY:** 3&4, 5&6, 10&11, 12&13, 17&18, 19&20, 25&26, 27&28, 31&JUNE 1  
**JUNE:** 2&3, 7&8, 9&10, 14&15, 16&17, 21&22, 23&24, 28&29  
**JULY:** 5&6, 7&8, 12&13, 14&15, 19&20, 21&22, 26&27, 28&29  
**AUG:** 3&4, 5&6, 9&10, 11&12, 16&17, 18&19, 23&24, 25&26, 30&31  
**SEPT:** 1&2, 7&8, 9&10, 13&14, 15&16, 20&21, 22&23, 27&28, 29&30  
**OCT:** 4&5, 6&7, 12&13, 14&15, 18&19, 20&21, 25&26, 27&28  
**NOV:** 1&2, 3&4, 8&9, 15&16, 17&18, 22&23, 24&25, 29&30  
**DEC:** 1&2, 6&7, 8&9, 13&14, 15&16, 20&21, 22&23, 29&30

**Sat & Sun | 8 a.m. to 4:30 p.m.**

**JAN:** 9&10, 23&24  
**FEB:** 6&7, 20&21  
**MAR:** 6&7, 20&21  
**APR:** 10&11, 24&25  
**MAY:** 8&9, 29&30  
**JUNE:** 12&13, 26&27  
**JULY:** 10&11, 24&25  
**AUG:** 7&8, 21&22  
**SEPT:** 11&12, 25&26  
**OCT:** 16&17, 30&31  
**NOV:** 13&14, 27&28  
**DEC:** 11&12

**Standard First Aid CPR A (CSA Intermediate) & AED Recertification (Challenge)**

**8 a.m. to 4 p.m.**

Same dates as with Standard First Aid CPR C & AED recertification below.

**Standard First Aid (CSA Intermediate) with CPR C & AED Recertification (Challenge)**

**Tue or Thurs or Sat | 8 a.m. to 5 p.m.**

**JAN:** 5, 8, 9, 12, 15, 19, 22, 23, 26, 29  
**FEB:** 2, 5, 6, 9, 12, 16, 19, 20, 23, 26  
**MAR:** 2, 5, 6, 9, 12, 16, 19, 20, 23, 26, 30  
**APR:** 6, 9, 10, 13, 16, 20, 23, 24, 27, 30  
**MAY:** 4, 7, 8, 11, 14, 18, 21, 25, 28, 29  
**JUNE:** 1, 4, 8, 11, 12, 15, 18, 22, 25, 26, 29  
**JULY:** 2, 6, 9, 10, 13, 16, 20, 23, 24, 27, 30  
**AUG:** 3, 6, 7, 10, 13, 17, 20, 21, 24, 27, 31  
**SEPT:** 3, 7, 10, 11, 14, 17, 21, 24, 25, 28  
**OCT:** 1, 5, 8, 12, 15, 16, 19, 22, 26, 29, 30  
**NOV:** 2, 5, 9, 12, 13, 16, 19, 23, 26, 27, 30  
**DEC:** 3, 7, 10, 11, 14, 17, 21, 31

**BC Out-of-Jurisdiction Certificates**

See page 5 for details

**Standard First Aid (CSA Intermediate) with Basic Life Support (HCP)**

Not all schools and licensing bodies accept all approved programs. See page 5 for details.

**Wed & Thurs or Sat & Sun | 8 a.m. to 4:30 p.m.**

<b>JAN:</b> 13&14	<b>OCT:</b> 30&31 (SAT-SUN)
<b>APR:</b> 24&25 (SAT-SUN)	<b>DEC:</b> 8&9
<b>JUNE:</b> 16&17	

**First Aid in Child Care**

Please contact 1-800-665-7114 or visit [stjohn.ab.ca](http://stjohn.ab.ca) for class dates and availability.

**First Aid in Child Care Recertification (Challenge)**

Please contact 1-800-665-7114 or visit [stjohn.ab.ca](http://stjohn.ab.ca) for class dates and availability.

**Babysitting Basics**

**Sat | 9 a.m. to 4 p.m.**

**JAN:** 9  
**JUNE:** 26  
**SEPT:** 11  
**NOV:** 13

**CPR A & AED**

**Fri | 8 a.m. to 12 p.m.**

<b>JAN:</b> 8	<b>MAY:</b> 7	<b>SEPT:</b> 10
<b>FEB:</b> 6	<b>JUNE:</b> 12	<b>OCT:</b> 16
<b>MAR:</b> 5	<b>JULY:</b> 2	<b>NOV:</b> 12
<b>APR:</b> 10	<b>AUG:</b> 7	<b>DEC:</b> 3

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## CPR C & AED

Fri | 8 a.m. to 2:30 p.m.

JAN: 8	MAY: 7	SEPT: 10
FEB: 6	JUNE: 12	OCT: 16
MAR: 5	JULY: 2	NOV: 12
APR: 10	AUG: 7	DEC: 3

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## CPR C & AED Recertification (Challenge)

Fri | 8 a.m. to 12 p.m.

JAN: 29	MAY: 28	SEPT: 25
FEB: 26	JUNE: 26	OCT: 29
MAR: 26	JULY: 30	NOV: 27
APR: 24	AUG: 27	DEC: 17

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## Basic Life Support (HCP)

Not all schools and licensing bodies accept all approved programs. See page 6 for details.

Fri or Sat | 8 a.m. to 4 p.m.

JAN: 9	MAY: 14	SEPT: 11
FEB: 12	JUNE: 11	OCT: 15
MAR: 12	JULY: 10	NOV: 13
APR: 10	AUG: 13	DEC: 10

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## Basic Life Support (HCP) CPR Recertification (Challenge)

Fri or Sat | 8 a.m. to 12 p.m.

JAN: 22	MAY: 29	SEPT: 17
FEB: 20	JUNE: 18	OCT: 30
MAR: 20	JULY: 16	NOV: 19
APR: 23	AUG: 21	DEC: 17

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## Online Safety Courses

Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)

- Workplace Hazardous Material Information System GHS (WHMIS)
- Transportation of Dangerous Goods (TDG)
- H2S Awareness Online
- Respectful Workplace: Preventing Harassment and Violence Online
- Cannabis Workplace Safety for Employees  
Cannabis Workplace Safety for Employers
- Joint Health & Safety Committees and Representatives Online Training
- Safety on The Farm

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## Medical First Responder (MFR)

Please contact 1 (800) 665-7114 or visit [stjohn.ab.ca](http://stjohn.ab.ca) for class dates and availability.

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## Advanced First Aid (CSA Advanced)

Mon to Fri (2 weeks) | 8 a.m. to 5 p.m.

JAN: 18-22 & 25-29
APR: 12-16 & 19-23
JULY: 12-16 & 19-23
OCT: 18-22 & 25-29

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## AFA (CSA Advanced) Recertification (Challenge)

Mon - Wed, or Wed - Fri | 8 a.m. to 5 p.m.

FEB: 22-26
MAY: 10-14
AUG: 16-20
NOV: 22-26

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## Emergency Medical Responder (EMR)

Blended 360 hours

APR: 19 – JULY 2

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## Instructor Development Program (IDP)

Mon to Wed (1 week) | 8 a.m. to 5 p.m.

MAR: 8-10
JUNE: 14-16
SEPT: 13-15
DEC: 13-15

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## Instructor Recertification Skills Workshop (Challenge)

Tue | 5 p.m. to 9 p.m.

JAN: 12	MAY: 11	SEPT: 7
FEB: 9	JUN: 8	OCT: 12
MAR: 16	JULY: 13	NOV: 9
APR: 13	AUG: 10	DEC: 7

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## Wilderness First Aid Level 1

Fri | 8 a.m. to 5 p.m.

JUNE: 25	OCT: 29
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## Wilderness First Aid Level 2

Fri to Sat | 8 a.m. to 5 p.m.

JUNE: 25&26	OCT: 29&30
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## Wilderness First Aid Level 3

Fri to Sun | 8 a.m. to 5 p.m.

JUNE: 25-27	OCT: 29-31
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## Child Safety Seat Technician Training

Mon & Tues or Sat & Sun  
8 a.m. to 4 p.m.

APR: 10&11 (SAT-SUN)
AUG: 30&31 (MON-TUES)

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## Child Safety Seat Technician Recertification (Challenge)

Tues | 6 p.m. to 10 p.m.  
Thurs | 1 p.m. to 5 p.m.  
Sat | 8 a.m. to 12 p.m.

JAN: 12 (TUES)
MAY: 27 (THURS)
SEPT: 25 (SAT)

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## Child Safety Seat Information Sessions

One session run monthly.  
Please call 1 (800) 665-7114 to register.

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## Marine First Aid Basic

8 a.m. to 4 p.m.

Please contact 1-800-665-7114 or visit [stjohn.ab.ca](http://stjohn.ab.ca) for class dates and availability.

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## International Trauma Life Support (ITLS) - Basic/Advanced

Please contact 1 (800) 665-7114 or visit [stjohn.ab.ca](http://stjohn.ab.ca) for class dates and availability.

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## Mental Health First Aid (CSA Basic) for Adults Who Interact With Youth

Please contact 1 (800) 665-7114 or visit [stjohn.ab.ca](http://stjohn.ab.ca) for class dates and availability.

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## Mental Health First Aid Basic (MHCC)

Mon & Tues | 8:30 a.m. to 4 p.m.

APR: 19&20
OCT: 18&19

Thurs & Fri | 8:30 a.m. to 4 p.m.

FEB: 25&26
AUG: 12&13

Sat & Sun | 8:30 a.m. to 4 p.m.

JUNE: 12&13
DEC: 11&12

## First Aid Courses

### Emergency First Aid - CPR A & AED (CSA Basic) 1 DAY

In this one-day course, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives. Topics include: CPR and choking for adults, shock and unconsciousness, severe bleeding, head & spinal injuries, major medical conditions, and AED training and certification.

### Emergency First Aid - CPR A & AED blended online (CSA Basic) 1/2 DAY

The blended course consists of two steps: Step 1 is the completion of the online theory portion of the Emergency First Aid course. Step 2 is the completion of the in-class component requiring participants to demonstrate essential skills and complete the final theoretical examination. To meet certification requirements, students must be able to demonstrate their competency in all required skill areas. Unsuccessful candidates will be required to take a full course at their cost; there are no refunds or re-tests.

### Standard First Aid - CPR C & AED (CSA Intermediate) 2 DAY

This two-day course covers all the skills in Emergency First Aid plus first aid for other injuries and illnesses including head and spinal injuries, fractures of the upper and lower limbs. This course includes Level C CPR training and certification (Adult, Child, Infant, and 2-rescuer resuscitation) and AED training and certification.

### Standard First Aid - Level A or C CPR Recertification (challenge) (CSA Intermediate) 1 DAY

This 1-day recertification is a challenge of the Standard First Aid course content and requires the student to demonstrate essential skills as well as pass the theoretical exam. This challenge is open to those who have a current Standard First Aid certificate from an OH&S approved program within Canada (Level A or C CPR and with AED).

The recertification is intended for those who use their First Aid skills on a regular basis and are able to demonstrate their competency in all required skill areas. Unsuccessful candidates will be required to take a full course at their cost; there are no refunds or re-tests.

### Standard First Aid blended online (CSA Intermediate) 1 DAY in-class

The blended course consists of two steps: Step 1 is the completion of the online theory portion of the Standard First Aid course.

Step 2 is the completion of the in-class component requiring participants to demonstrate essential skills and complete the final theoretical examination. To meet certification requirements, students must be able to demonstrate their competency in all required skill areas. Unsuccessful candidates will be required to take a full course at their cost; there are no refunds or re-tests. Available for;

- Standard First Aid - CPR A & AED

- Standard First Aid - CPR C & AED

### Standard First Aid (CSA Intermediate) - BLS CPR 2 DAYS

This course is intended for Health Care Providers and includes all the skills in Emergency First Aid plus first aid for other injuries and illnesses, including head and spinal injuries, fractures of the upper and lower limbs, and the BLS level of CPR and AED.

If you're taking BLS CPR to meet a program pre-requisite or licensing body requirement we encourage you to check that this course will allow you to qualify. *Not all schools and licensing bodies accept all approved programs.*

**Minimum age:** 16 years

### BC Out-of-Jurisdiction Certificates In-person Application

In order to comply with the New West Partnership Trade Agreement (NWPTA) and the Canadian Free Trade Agreement, WorkSafe BC has implemented an application process for accepting the credentials of workers trained or certified in other Canadian jurisdictions to meet regulatory compliance in the Province of BC.

SJA Alberta is an authorized WorkSafe BC provider for Emergency First Aid – Level 1 Equivalent training and may issue BC Out-of-Jurisdiction certificates for Emergency First Aid – Industry Out of Jurisdiction (OFA Level 1 Equivalent) and for Occupational First Aid Level 3 – Out of Jurisdiction (OFA Level 3 equivalent). Eligibility is based on current training level and WorkSafe BC requirements. Application must be made in person. Photo ID, presentation of current First Aid training certificate from an OHS approved agency, and payment of the application fee is required.

### First Aid in Child Care 2 DAYS

The First Aid in Child Care course is a combination course that focuses on the health and safety promotion for young children in addition to standard first aid training. This course has been designed to meet the requirements for both workplace first aid and the requirements for childcare providers.

#### Requirements:

1. Successfully complete the Standard First Aid CPR C + AED course, including the theoretical and practical assessments

2. Successfully complete online Child Care Safety module

Upon successful completion of all requirements, you will receive two certificates

- Standard First Aid + First Aid in Child Care  
**Minimum age:** 16 years

### First Aid in Child Care Recertification (challenge) 1 DAYS

This recertification is for those who hold a current certificate in First Aid in Child Care. Candidates are required to complete the online theory for child care safety and complete the Standard First Aid Recertification class.

Unsuccessful candidates. Unsuccessful candidates will be required to take a full course at their cost: no refunds or re-tests.

### Wilderness First Aid Level I, II, or III 1, 2, or 3 DAYS

This course trains participants to provide care to the sick and injured in remote settings and is appropriate for those working in, or traveling to, remote areas where immediate emergency medical services are difficult to obtain. There are three levels of Wilderness First Aid skills training that range from basic to advanced levels. The focus of the course is to adapt First Aid skills as needed, based on the availability of supplies, the environment, and additional factors encountered in a remote setting. This course is intended to complement wilderness survival training and does not replace it.

### Babysitting Basics 1 DAY

This course is intended for youths 11 years of age and older who want to look after infants and young children. Participants will learn basic skills which will prepare them to deal with emergency situations plus general principles of caring for infants and young children.

### Lifesaver Up to 1/2 DAY

The Lifesaver course is a customized, non-certified mini course which introduces participants to basic First Aid principles and lifesaving skills.

Participants will learn to recognize when help is needed and how to get it.

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## CPR Courses

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### CPR Level A + AED 1/2 DAY

In this course, students will learn to activate Emergency Medical Services, provide assistance to an adult whose heart has stopped or who is choking, and learn to recognize signs and symptoms of stroke. This course also includes AED certification.

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### CPR Level C + AED 1 DAY

In this course, students will learn to activate Emergency Medical Services, provide assistance to an adult, child, or infant whose heart has stopped or who is choking, learn to recognize signs and symptoms of stroke, and learn 2-rescuer CPR. This course also includes AED certification.

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### CPR Level C - AED Recertification (Challenge) 1/2 DAY

This is for current CPR certificate holders who wish to renew their CPR and AED certification. It tests skills and it is expected that students will have reviewed the course materials prior to the class.

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### Basic Life Support (HCP) CPR 1 DAY

BLS CPR is for individuals who are working or plan to be working in the Health Care field and require the BLS level of CPR. The course includes all CPR skills plus advanced skills such as artificial respiration and use of bag valve masks and AEDs.

If you're taking BLS to meet a program pre-requisite or licensing body requirement, we encourage you to check that this course will allow you to qualify. *Not all schools and licensing bodies accept all approved programs.*

**Minimum age:** 16 years

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### Basic Life Support (HCP) CPR blended online 1/2 DAY

The blended course consists of two steps: Step 1 is the completion of the online theory portion of the BLS CPR course. Step 2 is the completion of the in-class component requiring participants to demonstrate essential skills and complete the final theoretical examination. To meet certification requirements, students must be able to demonstrate their competency in all required skill areas. Unsuccessful candidates will be required to take a full course at their cost; there are no refunds or re-tests.

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### Basic Life Support (HCP) CPR Recertification (Challenge) 1/2 DAY in-class

This course is for individuals who have a current BLS Level CPR certificate and wish to recertify their skills.

**Minimum age:** 16 years

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## Instructor Development Program (IDP)

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### Instructor Development Program 5 DAYS

The IDP Program prepares participants to become nationally qualified St. John Ambulance First Aid and CPR Instructors. This 40-hour course is comprised of three modules:

**1) Instructor Development** - includes the application of adult learning principles, presentation skills, training strategies, coaching skills, evaluation techniques, and demonstration skills;  
**2) Administration, Policies & Procedures;** and **3) Curriculum Orientation.**

Upon successful completion of the course, candidates are required to team-teach and be monitored for certification as a St John Ambulance Instructor and to qualify for instructor licensing by Alberta Council. The certificate is valid for three years.

**Minimum age:** 18 years

**Pre-requisite:** St John Ambulance's Standard First Aid with Level C CPR certificate, completed within 6 months of course start date. Prior to registration, candidates are also required to provide evidence of a clear criminal record dated within 6 months of application date.

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### Instructor Development Program blended online 3 DAYS in-class

The blended course consists of two steps: Step 1 is the completion of the online theory and assignment portion.

Step 2 is the completion of the in-class component requiring participants to demonstrate skills and presentations.

Upon successful completion of the course, candidates are required to team-teach and be monitored for certification as a St John Ambulance Instructor and to qualify for instructor licensing by Alberta Council. The certificate is valid for three years

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## Mental Health Courses

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### Mental Health and Wellness for the Workplace 1 DAY

It is everyone's business to care enough to have serious and empathetic conversations about Mental Health and Wellness in the workplace. Developed by St John Ambulance and mental health professionals, this one-day course is designed to address and promote mental health wellness and reduce stigma in the workplace. Individuals will gain skills, comfort, and knowledge to better identify and guide a colleague towards a resilient outcome.

**Note:** For 2021, the course will be offered primarily through a virtual classroom platform scheduled for two 3.5 hour sessions. The one-day in-class course may be offered in select locations. Check the website for up-to-date schedules.

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### Mental Health First Aid-Basic 2 DAYS

In this course developed by the Mental Health Commission of Canada, participants will learn how to assist people who are showing signs of mental health problems or who are experiencing a mental health crisis.

The course does not train an individual to be a therapist, counsellor or mental health professional.

Content covered includes: a description of mental health, mental illness and mental health problems, signs and symptoms of common mental health problems and crisis situations, information about effective interventions and treatments and how to access professional help. The course also includes a basic model to provide mental health first aid.

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### Mental Health First Aid for Individuals Who Interact With Youth 2 DAYS

MHFA Adults who Interact with Youth is intended for an adult audience whose primary focus is youth (aged 14-25). In addition to the four most common disorders discussed in MHFA BASIC, this course includes instruction about eating disorders and deliberate self-injury.

Participants who take this course are well prepared to interact confidently about mental health with the young people in their lives, including at schools, extra-curricular activities, social services, family, friends, and communities.

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## Advanced Level Courses

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### Advanced First Aid (CSA Advanced) 10 DAYS

This 80-hour course provides a more in-depth coverage of basic First Aid and also includes triage, rescue, advanced packaging, oxygen administration, and AED certification. It is ideal for workplace first aiders and response teams requiring a higher level of training and meets OH&S requirements for Advanced First Aid.

**Minimum age:** 16 years

**Pre-requisite:** Standard First Aid current within 1 year from an approved OHS program.

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### **Advanced First Aid (CSA Advanced) Recertification (challenge) 5 DAYS**

This course is designed for individuals who require recertification of their Advanced First Aid certificate. Essential skills are reviewed along with any changes in protocol or scope of practice. To be eligible for Advanced First Aid recertification.

Students must have a current AFA certificate from an approved OHS program. If a certificate has expired students will need to take the full course.

**Minimum age:** 16 years

**Pre-requisite:** Current AFA certificate

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### **Emergency Medical Responder (EMR) Blended 360 HOURS**

The Emergency Medical Responder (EMR) Program is intended to prepare candidates for work in the pre-hospital emergency care field, emergency response, and for workers located in remote settings and high-risk occupations such as search and rescue. The program consists of 164 hours in-class, approximately 80 hours of online course work, and 16 hours of patient engagement. In addition, there is approximately 100 hours of pre-course self-study required prior to the program start date and completion of an approved Alberta Paramedic Driver Operator Course (APDOC) within 15 weeks from program commencement.

**Minimum age:** 18 years

**Pre-requisite:** Candidates must meet the following minimum pre-requisites to be eligible to attend the EMR course:

- 18 years of age or older
- Valid Alberta Class 5 Operator's License
- Current certification (within one year) for Standard First Aid with Level C CPR/AED or BLS (HCP) from an Alberta Workplace Health & Safety recognized training agency
- High School Diploma or General Equivalency Diploma (GED).

Must include:

- English 30-1, 30-2 or equivalent;
- Math 10 Pure or 20-1 or equivalent or Math 20 Applied or 20-2 or equivalent; and
- Biology 30 or equivalent.

**Program Co-requisite:** To meet eligibility requirements for the Alberta College of Paramedics exam and licensure, candidates are required to successfully complete an approved Alberta Paramedic Driver Operator Course (APDOC). Candidates must provide proof of successful completion within 15 weeks of commencing the EMR Program. Course fee for the APDOC is currently not included in the EMR Program fees. Registration and payment for the APDOC is the sole responsibility of the candidates.

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### **International Trauma Life Support (ITLS) – Basic/Advanced 2 DAYS**

The ITLS Basic course provides core knowledge and skills appropriate for all levels of EMS personnel, including EMT-Bs, first responders, and other technicians. Designed for providers who are first to evaluate and stabilize the trauma patient. This 16-hour course provides complete training in the skills needed for rapid assessment, resuscitation, stabilization and transportation of trauma patients.

**Pre-requisites:** Current registration as a healthcare professional including first responder, EMR, EMT or other allied health professionals who holds suitable qualifications for entry.

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### **Medical First Responder (MFR) 5 DAYS**

This 40-hour course exceeds Standard First Aid content and covers topics including, HCP CPR, AED, oxygen administration, trauma, and medical emergencies, spinal motion restriction, and basic anatomy and physiology. This course is ideal for Volunteer Fire Departments and those needing additional First Aid knowledge and skills.

Approximately 12 hours of pre-course work is required in advance of the course start date and is in addition to the scheduled class time.

**Minimum age:** 16 years

**Pre-requisite:** Standard First Aid – Level C CPR current within 1 year the of course date, issued from any Alberta Workplace Health & Safety recognized training agency.

**Note:** This course is not equivalent to Advanced First Aid (OHS approved 80 hour course) or the EMR Program that meets EMR registration requirements for the Alberta College of Paramedics.

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### **Medical First Responder (MFR) Recertification 3 DAYS**

This course is designed for individuals who require recertification of their MFR Advanced Level 1 certification. Essential skills are reviewed along with any changes in protocol or scope of practice.

To be eligible for MFR Advanced Level 1 certification, the student's last course must have been a completed MFR course.

**Minimum age:** 16 years

**Pre-requisite:** MFR – Advanced Level 1 certification current within 1 year of course date.

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## **Online Safety Courses**

### **Workplace Hazardous Materials Information System (WHMIS) GHS Online [ab.stjohntraining.ca](http://ab.stjohntraining.ca)**

WHMIS GHS meets federal general requirements and provides participants with information on hazardous materials used in the workplace. This course includes discussion about controlled products, workplace labeling, material safety data sheets, and employee education.

**Minimum age:** 12 years

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### **H2S Awareness Online Training Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)**

This online course will provide information which is required to properly recognize, assess, and control hazards that are associated with the H2S gas. The properties of H2S, the health hazards that are associated with exposure, the detection and monitoring methods, and acceptable exposure limits of H2S will be discussed throughout this course.

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### **Transportation of Dangerous Goods (TDG) Online Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)**

TDG meets provincial road requirements and includes classification, identification and emergency response planning plus information on bulk transportation of hazardous waste. **Minimum age:** 16 years

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### **Respectful Workplace: Preventing Harassment and Violence Online Training Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)**

This user-friendly course introduces and defines the terms that are associated with workplace violence and harassment.

The necessary structure and elements of Workplace Violence, Harassment and Bullying Program will be discussed. This online course will also provide a general understanding of how to identify, report, and control unwanted behaviours in the workplace.

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### **Cannabis Workplace Safety for Employees Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)**

Cannabis safety awareness at work can't be assumed. It's the employer's responsibility to make sure every employee understands what cannabis legalization means for them at work.

This online training will help employees understand the safety rationale behind workplace cannabis policies — so they make the right choices when it matters.

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### **Cannabis Workplace Safety for Employers** Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)

Learn how to manage cannabis legalization safety in your workplace.

With cannabis legalization in Canada, workplace rules are due for a change. Previous policies on illicit substances often no longer apply — and that creates risks.

Your right as an employer to have a safe and effective workplace must now co-exist with your employees' rights to consume cannabis legally and be accommodated for medical conditions.

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### **Joint Health & Safety Committees and Representatives** Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)

Our e-learning course will introduce the Alberta workforce to joint worksite health and safety committees (HSCs) and health and safety representatives (H&S reps). This course was developed to aid employers and employees with their transition to comply with Alberta's updated Occupational Health & Safety Act. Employers will meet their requirements by ensuring committee members and representatives are competently trained and participants will receive a two-hour credit toward their annual mandatory training and a certificate of completion.

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### **Safety on the Farm** Online at [ab.stjohntraining.ca](http://ab.stjohntraining.ca)

This online course introduces learners to farm safety and emergency preparedness topics using interactive and engaging activities and scenarios. This course is designed to meet the learning needs for youth (11 to 18 years of age) and is appropriate for home and school settings. Topics include common hazards, potential risks, injury prevention, and emergency response procedures for farm settings. Learners are encouraged to also take a First Aid awareness course to compliment this training with valuable lifesaving skills. In-class courses offered by request. Call your local St John centre.

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## **Workplace Safety Courses**

This Energy Safety Canada H2S Alive course is intended for anyone working in an area where hydrogen sulphide may be present. Learn the properties of this poisonous gas, how to protect yourself from coming into contact with it, and what to do in emergencies.

**Minimum age:** 16 years

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### **Oxygen Administration** 1/2 DAY

The Oxygen Administration course teaches the basics of providing supplemental oxygen during respiratory emergencies.

**Minimum age:** 16 years

**Pre-requisite:** CPR Level A and AED

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### **Marine First Aid – Basic Course** 2 DAYS

In this course, students will learn about Emergency First Aid procedures, CPR/AED for adults, Rescue Carries and Burns, basic Anatomy and Physiology, Advanced Packaging and Transport, as well as gain an orientation to rescue kits found on-board seafaring vessels. This course meets the requirements of Transport Canada.

**Minimum age:** 16 years

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### **Marine First Aid – Advanced Course** 5 DAYS

This course meets the requirements of Transport Canada and includes all the Basic Course components plus advanced First Aid procedures to assist with the treatment of the most common off-shore medical conditions and emergencies. This course is not publicly scheduled. **Minimum age:** 16 years

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### **First Aid Drills** 1 DAY

St John First Aid Drills support your company's Emergency Response plans and are recognized by the COR program. A First Aid Drill is a mock incident in which First Aid is required. Our staff will help you determine the location, the scenario, the incident, supply and apply make-up on casualty/ies. The drill is followed by a recap with participants, and a detailed, written evaluation outlining overall performance with regards to Occupational Health & Safety First Aid regulations.

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### **Law Enforcement First Aid** 1 to 3 DAYS

The Law Enforcement First Aid (LEFA) program is designed to be delivered and taken by law enforcement officers. LEFA prepares officers to handle first aid situations they may encounter while on duty. Multiple delivery options available including First Aid/CPR certification and LEFA tactical training. Price varies based on selected delivery option.

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## **Health & Safety Courses**

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### **We Can Help Too!**

**FREE to all Grade 3 & 4 students in Alberta**

We Can Help Too! is a modular interactive program intended for youth between 7 and 10 years of age and is led by a school teacher or community facilitator. This program provides youth with an introduction to basic First Aid and safety skills and basic injury prevention messages.

FREE to all Grade 3 and 4 students in Alberta through the generous support of the Masons. Teachers, call your local St John Training Centre for more information or [visit www.stjohn.ab.ca](http://www.stjohn.ab.ca)

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### **Opioid Overdose Response Training** 3 HOURS

The Opioid Overdose Response Training focuses on the early interventions required to increase the survival chances for a casualty experiencing an opioid overdose. This training includes basic information on opioid use, harm and stigma reduction, overdose situations, emergency first aid principles, CPR, responder safety and the widely used SAVE ME acronym steps for opioid overdose management.

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### **Child Safety Seat Technician Training** 2 DAYS

This course provides training to become a certified technician who can provide information and assistance to parents, caregivers, and others in the correct installation of child safety seats in vehicles and in child passenger safety. Topics include injury prevention and general occupant and vehicle restraint information, regulations, and specific restraint systems.

**Certification period:** 3 years.

**Minimum age:** 16 years

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### **Child Safety Seat Technician Training Recertification** 1/2 DAY

This half-day class is designed to recertify technicians whose certificate is due to expire or has expired within six months of the course date. It is intended for those technicians who have remained actively involved in child safety seat activities. Technicians will be provided with updates in information but are expected to have the base knowledge and skills.

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### **Child Safety Seat Information Session** FREE • 2-3 HOURS

At selected SJA Centres, this FREE information session is intended to provide parents and caregivers information on how to correctly install a child safety seat and to transport children safely in a vehicle. It also provides an overview of the law in Alberta regarding occupant restraints and is taught by trained volunteers through the Community Services department of St John Ambulance.