



# Red Cross Stay Safe Course

(with first aid & CPR)

Offered by Stayin Alive with First Aid, CPR & AED

COURSE NOW OFFERED ONLINE

(2 hours and 20 min online sessions plus homework over 2 days)

For youth in grades 3, 4, and 5.

Participants learn the skills needed to stay safe on their own at home, how to respond to unexpected situations (such as strangers or visitors knocking on the door), how to give first aid treatment, and when and how to call 911. Whether in the community or alone, this course is a must-take if you want your children to have better tools for staying safe.

## STAY SAFE OFFERED ONLINE

**WITH GOOGLE CLASSROOM NEXT COURSE FEB. 3<sup>rd</sup> & 4<sup>TH</sup>/2024**

**Instructor:** Stayin Alive Certified Red Cross Instructor

**Cost:** \$65 + \$5 for book per participant (Grades 5 to 8) + HST = **\$79.10**

### **Course content:**

- Understanding the responsibility of being accountable for yourself
- How to stay safe at home and within the community
- Check, Call, Care (including phoning 911)
- Conscious choking (adult/child/alone)
- Asthma (includes use of inhaler and spacer)
- Anaphylaxis (includes use of EpiPen), poisoning and insect stings
- Wound care (minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, and burns)

**Course materials delivered (address required during registration):**

Red Cross Stay Safe Manual

Red Cross Stay Safe Certificate



**Register today!**  
**Space is limited to 18 per course**

[www.StayinAliveWithFirstAid.ca](http://www.StayinAliveWithFirstAid.ca)

**Questions?** [info@StayinAliveWithFirstAid.ca](mailto:info@StayinAliveWithFirstAid.ca)