

Learn  
**CPR &  
AED**

Cardiopulmonary  
Resuscitation & Automated  
External Defibrillator

In a life and death  
situation, every second  
counts. In those precious  
moments, it could be your  
responsibility to save a  
life.



RESCUE

**canfitpro**

**REGISTER NOW**

(416) 493-3515 or  
1-800-667-5622  
[www.canfitpro.com](http://www.canfitpro.com)

**Course ID # 65530**

**Date: Sunday,  
March 3<sup>rd</sup>**

**Time: 5 -7:30 pm**

**Place:  
**FitnessWorksFor  
Women****

### **CPR Level A**

The CPR Level A is a comprehensive course that will increase your knowledge to perform CPR on adults in any emergency.

#### **Topics for CPR Level A include:**

- Risk factors for health disease; knowing which factors you can/cannot prevent
- Identifying the key signs and symptoms of sudden cardiac arrest
- Knowing the signs and symptoms of an adult choking and the steps in providing first aid
- Knowing the benefits and proper position of placing a victim in recovery position
- Learn to perform adult CPR

### **PRACTICAL COMPETENCY ASSESSMENT**

You will be evaluated on your CPR competencies and skills during the CPR course. Candidates who are able to demonstrate their ability to apply the required skills will obtain a CPR card valid for one (1) year from the date of issue.