



Canadian  
Red Cross

Croix-Rouge  
canadienne

Training Partner /  
Partenaire de formation



# First Aid & CPR Training – Flexible Options for Your Team

At First Aid 4U, we provide engaging, WSIB and CSA approved First Aid & CPR training designed to fit your schedule. Whether you prefer on-site private training or flexible public course options, we have a solution that ensures your team gets certified quickly and effectively.

Explore our training formats and pricing within and let us know how we can support your workplace safety needs.

# Table of Contents

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<b>Courses By Location.....</b>	<b>1-3</b>
Private Training .....	1
Public Training Options .....	3
<hr/>	
<b>Courses By Training Format.....</b>	<b>4</b>
Blended/Hybrid Training .....	4
Classic in Person Training .....	4
<hr/>	
<b>Courses By Level &amp; Pricing.....</b>	<b>5-9</b>
Standard First Aid .....	5
Emergency First Aid .....	7
CPR.....	8
Basic Life Support (BLS).....	9
<hr/>	
<b>Recertifications.....</b>	<b>10</b>
<hr/>	
<b>Other Workplace Training .....</b>	<b>10</b>
Hybrid and In-Class Courses .....	10
Online Courses .....	11
<hr/>	
<b>Course Policies.....</b>	<b>12</b>
Training Start Time .....	12
Cancellations & Rescheduling .....	12
Course Prerequisites.....	12

# Courses By Location



# Private Training

The minimum cost for private training is for 8 people, even if your group is smaller. If you have fewer than 8 participants, you could also consider our group discounted public training (outlined below).

## Private Training at Your Preferred Location



**Ideal for:** Groups who have a large, dedicated space and are seeking training for all participants at once, without their participants needing to travel somewhere new. Good for team building and bringing teams together within the organization environment.

For a private training course at your location, our instructor arrives at your pre-determined location with all supplies and equipment needed to teach your group. Depending on the location, we book most private on-site training courses approximately three weeks in advance.

Note the following requirements for your training location:

- Sufficient room in a commercial or institutional space: 20 sq ft per person (400-500 sq ft of open practical space; 500-600 sq ft of learning space) with tables, chairs, and clear space for practicing skills
- Within approximately 100km of one of our facilities\*

*\*Our ability to conduct training at your preferred location may vary according to the availability of our instructors.*

The cost for private training at your location includes a daily \$50 instructor travel amount. More remote locations may be subject to a higher instructor travel charge.

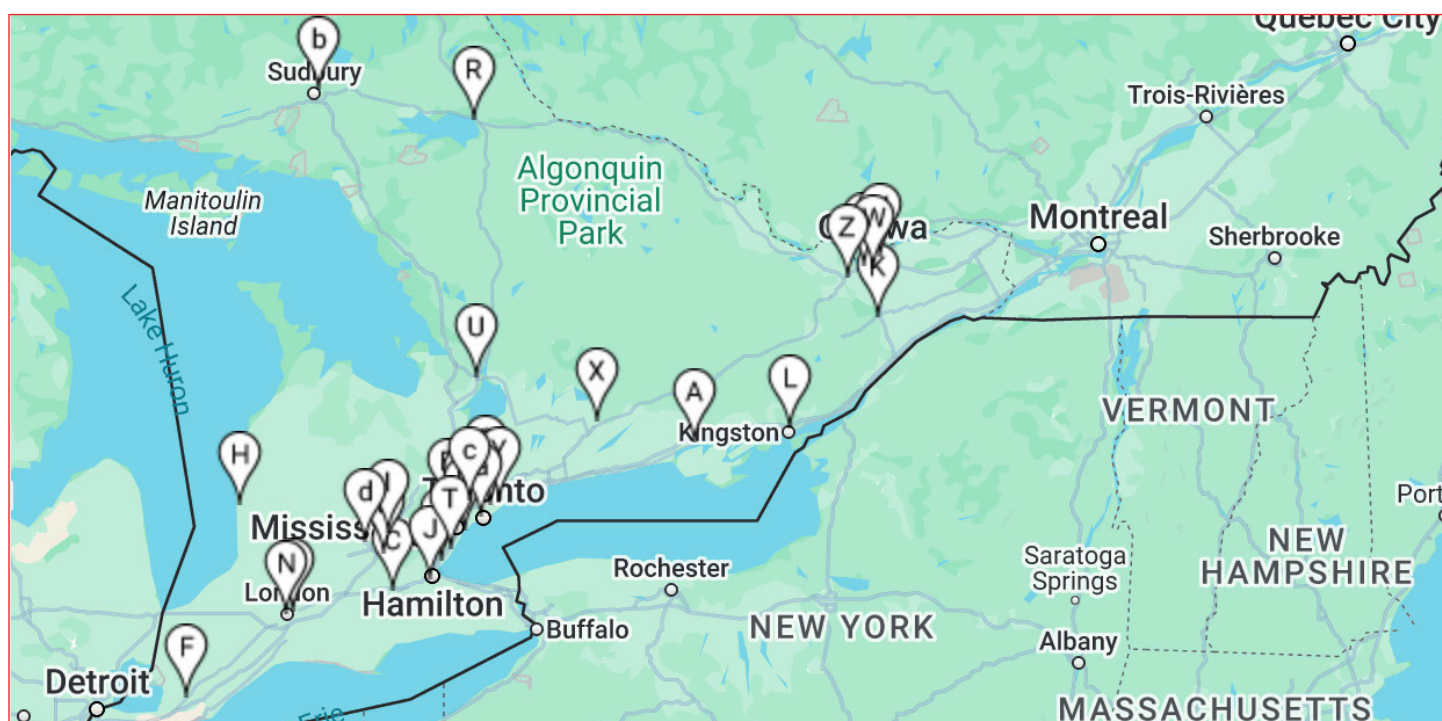


## Private Training at First Aid 4U Facilities



**Ideal for:** Groups who lack space but are seeking training for all participants at once. Good for team building.

Don't have a suitable space of your own? We'd be pleased to host your group at one of our dedicated training facilities located across Ontario for no additional charge.



### Eastern Ontario

Belleville  
Kingston  
Ottawa East  
Ottawa West  
Ottawa South  
Peterborough  
Stittsville

### Greater Toronto

Brampton  
Burlington  
Etobicoke  
Mississauga  
Markham  
Toronto  
Oakville  
Oshawa  
Scarborough  
Vaughan  
Whitby

### Western Ontario

Brantford  
Cambridge  
Chatham  
Goderich  
Guelph  
Hamilton  
Kitchener  
London (Oxbury)  
London (Western)  
St. Catharines  
Waterloo  
Windsor

### Central Ontario

Peterborough

### Northern Ontario

Sudbury  
Sault Ste. Marie



# Public Training Options

## Group Training Credits



**Ideal for:** Groups where the organization pays for training but prefers to allow participants the flexibility to complete their training at their preferred location or schedule.

Most organizations set up a private first aid course for their members, but there are often folks who can't make it, or new members starting after the course. This means more private courses, more disruption to the business, and higher cost. The alternative is sending your group members to publicly available first aid courses, but then your accounting team must manage frequent expense submissions and reimbursements.

Our new training credits system is designed with you in mind. Pre-purchase 10 or more credits at a special discount, streamlining your booking process and ensuring your group or staff has immediate access to high-quality First Aid training. Whenever a group member needs first aid training, you provide them with one of your booking credits in the form of a unique discount code and instruct them to choose a course on the [firstaid4u.ca](https://firstaid4u.ca) website. The member will register for one of First Aid 4U's many public course options, using one of your credits.

Credits are good for one year after purchase.



## Group Discount Rate



**Ideal for:** Groups where individuals pay for training and/or if first aid training is lower volume.

For more flexibility on course timing and group sizes, we can also accommodate participants within existing public training courses at our locations at reduced rates. This is an effective alternate solution should privately training at your location pose an issue with logistics or timing, and you need fewer than 10 group members trained per year.

We offer a group discount of 10% off (via promotion code) of our existing public courses, booked online through the First Aid 4U website. There are many course dates available at our facilities across Ontario.

# Courses By Training Format



# Blended/Hybrid Training

“Blended” training is split between online and in-class with an instructor. The Blended option is more cost effective, requires less time in person, and may even reduce the course time overall. The self-paced online portion is often appreciated by participants with busy schedules, neurodiversity, and/or long-distance commutes.

**Please Note:** The online training associated with blended courses must be completed before the in-class session. This is a Red Cross-mandated prerequisite, and no exceptions can be made.



**Blended Training:** Hybrid online + in class with instructor

**Pros:** More cost-effective and efficient (self-paced portion)



# Classic In-Person Training

Of course, first aid training is also available in the traditional fully in-class format.



**Classic In-Class Training:** Entire course completed in class with instructor

**Pros:** More hands-on training, better team relationship building



# Courses By Level & Pricing



# Standard First Aid

## Training Format

<b>Blended Training:</b> 5-6 hours online + 1 day in class with instructor	<b>Classic In-Class Training:</b> 2 days in class with instructor
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## CPR Levels

Standard First Aid can be paired with CPR Levels A-C. However, CPR Level C is the most comprehensive—including training on Adults, Children and Babies—and is the level of choice for most employers and educational programs. First Aid 4U almost exclusively runs CPR Level C with Standard First Aid.



## Pricing

### Standard First Aid with Level C CPR – Blended Training

This is a one-day in-person training, with a 5-6-hour online component that must be completed before the in-class training.

2025 Group Pricing – Standard First Aid Blended			
Number of Participants	Private Training at Your Preferred Location	Private Training at a First Aid 4U Facility	Public Training with Group Rates
Under 8	Minimum 8	Minimum 8	\$112.50/person + HST
8-11	\$140/person + \$50 instructor travel fee + HST	\$130/person + HST	Available via group discount code booked directly through the First Aid 4U website
12-15	\$135/person + \$50 instructor travel fee + HST	\$125/person + HST	
16-18*	\$130/person + \$50 instructor travel fee + HST	\$120/person + HST	

*\*If your group size is more than 18, multiple instructors are needed and an additional charge may apply.*

## Standard First Aid with Level C CPR – Classic In-Class Training

This is a two-day, in-person training course.

2025 Group Pricing – Standard First Aid In-Class			
Number of Participants	Private Training at Your Preferred Location	Private Training at a First Aid 4U Facility	Public Training with Group Rates
Under 8	Minimum 8	Minimum 8	\$121.50/person + HST
8-11	\$170/person + \$100 instructor travel fee + HST	\$160/person + HST	Available via group discount code booked directly through the First Aid 4U website
12-15	\$160/person + \$100 instructor travel fee + HST	\$150/person + HST	
16-18*	\$150/person + \$100 instructor travel fee + HST	\$140/person + HST	

*\*If your group size is more than 18, multiple instructors are needed and an additional charge may apply.*

### SFA Recertification

A group may qualify for a shorter, lower-cost recertification course when all members of the group hold current Red Cross certifications at the correct level. Please contact us to arrange a group recertification course.

Alternatively, individuals eligible for recertification may recertify alongside other group members in a Blended certification course.



# Emergency First Aid

## Training Format

<b>Blended Training:</b> 3 hours online + 5 hours in class with instructor	<b>Classic In-Class Training:</b> 1 day (8 hours) in class with instructor
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## CPR Levels

Emergency First Aid can be paired with CPR Levels A-C. However, CPR Level C is the most comprehensive—including training on Adults, Children and Babies—and is the level of choice for most employers and educational programs. First Aid 4U almost exclusively runs CPR Level C with Emergency First Aid.

## Pricing

Pricing is the same for Blended and Classic In-Class training.

2025 Group Pricing – Emergency First Aid with Level C CPR			
Number of Participants	Private Training at Your Preferred Location	Private Training at a First Aid 4U Facility	Public Training with Group Rates
Under 8	Minimum 8	Minimum 8	\$89.10/person + HST
8-11	\$120/person + \$50 instructor travel fee + HST	\$115/person + HST	Available via group discount code booked directly through the First Aid 4U website
12-15	\$115/person + \$50 instructor travel fee + HST	\$110/person + HST	
16-18*	\$110/person + \$50 instructor travel fee + HST	\$105/person + HST	

*\*If your group size is more than 18, multiple instructors are needed and an additional charge may apply.*



## EFA Recertification

A group may qualify for a shorter, lower-cost recertification course when all members of the group hold current Red Cross certifications at the correct level. Please contact us to arrange a group recertification course.

Alternatively, individuals eligible for recertification may recertify alongside other group members in a Blended certification course.



# CPR

## Training Format

<b>Blended Training:</b> 2-3 hours online + 2-3 hours in class with instructor	<b>Classic In-Class Training:</b> 5 hours in class with instructor
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## CPR Levels

CPR training is available in Levels A-C. However, CPR Level C is the most comprehensive—it includes training on Adults, Children and Babies—and is the level of choice for most employers and educational programs. First Aid 4U almost exclusively runs CPR Level C training.

## Pricing

Pricing is the same for Blended and Classic In-Class training.

2025 Group Pricing – Level C CPR			
Number of Participants	Private Training at Your Preferred Location	Private Training at a First Aid 4U Facility	Public Training with Group Rates
Under 8	Minimum 8	Minimum 8	\$58.50/person + HST
8-11	\$95/person + \$50 instructor travel fee + HST	\$90/person + HST	Available via group discount code booked directly through the First Aid 4U website
12-15	\$90/person + \$50 instructor travel fee + HST	\$80/person + HST	
16-18*	\$85/person + \$50 instructor travel fee + HST	\$75/person + HST	

*\*If your group size is more than 18, multiple instructors are needed and an additional charge may apply.*



# Basic Life Support (BLS)

Formerly CPR-HCP

## Training Format

This course is only available as in-person training with an instructor.

The certification course is 3-4 hours, but if all participants hold valid (non-expired) BLS certifications, a recertification course can be offered, taking 2 hours.

## Pricing

Pricing is the same for Certification and Recertification courses.

2025 Group Pricing – Basic Life Support (BLS)			
Number of Participants	Private Training at Your Preferred Location	Private Training at a First Aid 4U Facility	Public Training with Group Rates
Under 8	Minimum 8	Minimum 8	\$63/person + HST
8-12*	\$75/person + \$50 instructor travel fee + HST	\$70/person + HST	Available via group discount code booked directly through the First Aid 4U website

*\*If your group size is more than 12, multiple instructors are needed and an additional charge may apply.*



# Recertifications



A group may qualify for a shorter, lower-cost recertification course when **all** members of the group hold current Red Cross certifications at the correct level. Please contact us to arrange a group recertification course.

Alternatively, individuals eligible for recertification may recertify alongside other group members in a Blended certification course.



# Other Workplace Training



Access an extensive library of professional health and safety and workplace training courses through First Aid 4U. You no longer need to go to one company for your group's online WHMIS training and then another company for their first aid; we bring them all together for you in one convenient location.

Ask us about adding one of the following courses into your training schedule.

## Hybrid and In-Class Courses

- First Aid Instructor Training
- Marine First Aid
- Mental Health First Aid (MHFA)

## Online Courses

### Health & Safety

- WHMIS
- Occupational Health And Safety Awareness (OHSA)
- Transportation of Dangerous Goods
- Accessibility for Ontarians with Disabilities Act (AODA)
- Violence and Harassment in the Workplace
- Psychological First Aid

### Job-Specific

- Security Guard Training
- Medical Terminology Certificate



We have many more online workplace training courses in our [comprehensive online course catalogue](#).



# Course Policies



# Training Start Time

## Important Info!

All in-class days begin between 8:00 am and 9:00 am. Participants arriving more than 15 minutes after the scheduled start time will not be able to continue with the course, per Canadian Red Cross policy.



# Cancellations & Rescheduling

## Important Info!

Course changes and cancellations may be made up to two weeks before the scheduled start date. Cancellations are subject to a cancellation fee of \$300/day to account for the instructor's time. All private courses are considered final within two weeks of the scheduled date—all payment is due after this date has passed.

Note that, for courses containing an online portion, if you wish to obtain online course access sooner than two weeks before the course start, you will not be able to make any changes after that point.



# Course Prerequisites

## Participant Information

We will require your final participant list three (3) weeks before the course start date, or right away for short notice bookings. For each participant, we need their Name and Email (unique to each participant) to ensure they are processed properly.

## Group Contact and Facility Information

When sending in participant information, please also send the information below, as well as anything else you believe is helpful for our instructors to know.

### Information required for all courses:

- Day-of Contact
  - Name
  - Day-of contact information



### Information required for private training at your preferred location:

- Parking Information
- Facility Specifics
  - Where to enter
  - How and where participants will check-in/register
  - Security protocols
  - Room description and dimensions
  - Confirmation of table, chair and practice space for every participant (20 sq ft per person)

## Blended Course Online Component

### Important Info!

The online training associated with blended courses must be completed before the in-class session. This is a Red Cross-mandated prerequisite and no exceptions can be made.

Participants who fail to complete the online component will be turned away from the in-person training portion, and will not be eligible for a refund.



**Book your First Aid and workplace safety training with First Aid 4U today!**



## Contact

700 Industrial Ave,  
Unit 505 Ottawa, Ontario, K1G 0Y9

Call 613-314-4299  
Toll Free 1-866-966-4566