



## Red Cross Stay Safe Course

Offered by Stayin Alive With First Aid, CPR & AED

COURSE NOW ADAPTED FOR ONLINE LEARNING (2-hour and 15min sessions over 2 days)

This course teaches the skills needed for youth to stay safe on their own at home, respond to unexpected situations (such as strangers or visitors knocking on the door), give first aid treatment, and 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. For youth ages 9 to 13.

- Date:** November 7<sup>th</sup> and 8<sup>th</sup>  
November 21<sup>st</sup> and 22<sup>nd</sup>  
December 5<sup>th</sup> and 6<sup>th</sup>  
December 19<sup>th</sup> and 20<sup>th</sup> (\*this course is from 11 am – 1:15 pm)
- Time:** 4 pm – 6:15 pm each day \*except for December 19<sup>th</sup> and 20<sup>th</sup>
- Location:** Online via Google Meet (link provided 20 mins prior to class)
- Instructor:** Stayin Alive Certified Red Cross Instructor
- Cost:** \$60 per participant (9 to 13 years old) + HST = **\$67.80**

### 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)

### Take-home materials:

Red Cross Stay Safe Manual  
Red Cross Stay Safe Certificate



**Register today!**

**Space is limited!**

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

**Questions?**

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