



Grade 10 PHE CPR & AED Training Program

HOW THE PROGRAM WORKS

STEP 1: CHOOSE YOUR TEACHER TRAINING AND SUPPORT OPTIONS

Are your teachers certified in CPR, AED, and opioid poisoning response?

St. John Ambulance offers CPR & AED training and Opioid Poisoning Response Training for teachers.

FULL CPR-A & AED COURSE (IN-PERSON)

- 4-hour class
- Public / private class options
- Best for anyone with no prior training

or

ONLINE LEARNING + VIRTUAL SKILLS CHECK-IN

- Self-paced CPR & AED online learning
- Virtual skills check-in with our instructor
- Best for anyone who needs a refresher

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OPIOID POISONING RESPONSE TRAINING (OPRT)

- 2-hour session
- Virtual / in-person workshop options
- Best for anyone with no prior training



STEP 2: CHOOSE YOUR STUDENT CPR & AED LEARNING METHODS

The CPR & AED training includes two core parts: CPR & AED Theory + Hands-on Practical Skills.

Pick the mix that fits your classroom time, support level, and equipment.

SJA-SUPPORTED

Less burden on teachers for hands-on skills instruction, creating a consistent, high-quality learning experience for students

TEACHER-LED

Scalable and cost-effective allowing flexibility for different schedules, class sizes, and budgets while maintaining a consistent learning standard



PART I: CPR & AED THEORY

Will you have time to teach the CPR & AED theory in class?

- Our online CPR & AED theory learning modules allow students to complete the learning in-class or at home at their own pace.
- Our CPR & AED teaching materials allow teachers to teach the CPR & AED theory in class with activities and knowledge assessment.

USE ONLINE THEORY LEARNING

- Student completes online self-paced modules with knowledge checks
- Can be completed in 2 - 2.5 hours
- Fee applies

or

USE SJA TEACHING MATERIALS

- Teacher delivers CPR & AED theory using SJA teaching materials
- Can be completed in 2 hours
- Free access to SJA teaching materials



PART II: HANDS-ON PRACTICAL

Do you need support to guide the hands-on CPR & AED practice?

- Our first aid instructors equip over 50,000 British Columbian every year with essential first aid skills including CPR and using an AED.
- Our CPR & AED teaching materials allow teachers to guide the hands-on practice in class with activities and skill assessment.

SJA EXPERT-LED PRACTICAL TRAINING

- An SJA instructor visits the school to deliver hands-on CPR/AED training
- 2 hours long
- Fee applies

or

USE SJA TEACHING MATERIALS

- Teachers guide skills practice using SJA teaching materials and assessment tools
- Can be completed in 2 hours
- Free access to SJA teaching materials



OPTIONAL ADD-ONS

Do your students know how to respond to an opioid poisoning and other emergencies?

- Our Opioid Poisoning Response Training helps students build skills, reduce stigma and become confident to respond.
- Our Basic First Aid course offers training beyond CPR & AED for students preparing for work placements or exploring career paths.

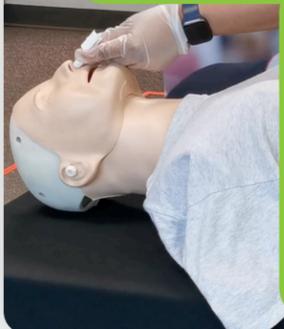
OPIOID POISONING RESPONSE TRAINING (OPRT)

- 2-hour session
- Virtual / in-person workshop options
- Guided by an SJA instructor

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UPGRADE TO BASIC FIRST AID TRAINING

- Includes WorkSafeBC-compliant certificate
- 7.5 hours long
- Either in-school or at an SJA branch location



STEP 3: ARRANGE TRAINING EQUIPMENT

Do you have the equipment for the hands-on CPR & AED practice?

Practical training equipment such as manikins, AED trainer units and pocket masks are available through SJA for purchase.

TO START: CONTACT US

We'll help you choose the right options based on your schedule, budget, and equipment.

Website: www.sja.ca/school-bc

Email: andrew.poon@sja.ca

