



# CPR Requirements

The level of CPR certification must include, at a minimum, classroom instruction and practical experience related to:

- one and two-person rescuer chest compressions for adults, children and infants;
- one and two-person rescuer adult, child and infant bag-valve mask technique and rescue breathing;
- relief of choking in adults, children and infants; and
- use of an automated external defibrillator (AED).

To assist you in understanding which CPR meets the list of requirements set by the Board, a summary is provided below based on the organization's current offerings and levels.

## St. John Ambulance

Based on the current course offerings and levels, the accepted course from St. John Ambulance would be Basic Life Support (BLS) CPR.

## Red Cross CPR

Based on the current course offerings and levels, the accepted course from the Red Cross is BLS for Healthcare (HCP).

## Heart and Stroke Foundation

Based on the current course offerings and levels, the accepted course from the Heart and Stroke Foundation is Basic Life Support (BLS).

## Lifesaving Society

Based on current course offerings and levels, the accepted course from NS's Lifesaving Society is CPR Healthcare Provider/AED.

How can you expect to get your CPR certification/card?			
St. John Ambulance	Heart and Stroke Foundation	Red Cross CPR	NS's Lifesaving Society
If you take the course at a St. John Facility, you should receive your CPR Certification immediately after successful completion of the course. If you take this program through a contractor, you should also receive your certification immediately following successful completion of the course but it is your responsibility to confirm this at enrollment.	After successful completion of the BLS course, you must log in to the Heart and Stroke Foundation website to access and print your certificate.	After successful completion of the BLS for HCP course, certificates are processed within 1-2 days and are sent to participants through email.	After successful completion of your course, the Lifesaving Society will issue a printed copy of your card. Processing times generally are less than two weeks. If you require your card sooner, arrangements can be made through the course provider.