



# Red Cross Stay Safe Course

(with first aid & CPR)

Offered by Stayin Alive with First Aid, CPR & AED

COURSE OFFERED IN PERSON AFTER SCHOOL  
HELD RIGHT AT THE SCHOOL  
For youth in grades 3, 4, and 5.

Participants learn the skills needed to stay safe on their own at home, how to respond to unexpected situations (such as strangers or visitors knocking on the door), how to give first aid treatment, and when and how to 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.

**LOCATED AT: Rosedale Heights PS, 300 Rosedale Heights Dr.,  
Thornhill**  
**8:30am to 2:30pm**  
**January 30<sup>th</sup>, 2026**

**Instructor:** Stayin Alive Certified Red Cross Youth Leader

**Cost:** \$65 + \$10 for workbook per participant (grades 3 to 5) + HST = **\$84.75**

## 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)

Course materials handed out on the day of the Course

Red Cross Stay Safe Workbook  
Red Cross Stay Safe Certificate



**Register today!**  
**Space is limited to 26 per course**

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

**Questions**

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