



# Basic First Aid

## Course Overview

**\$195**

This is an 8-hour course designed to provide lifesaving first aid skills to workers in industry. Successful students will receive a 3-year Worksafe BC certificate. This course was previously called **OFA level 1**.

No previous first aid training is required. Successful completion requires 100% participation and attendance, competency performing all first aid skills, and passing the written exam.

### Additional Information

Candidates must:

- Be at least 16 years of age,
- Have minimal but sufficient upper body strength and knee agility to complete first aid skills and lift patients and equipment,
- Be able to perform the first aid skills required,
- Provide government-approved Photo ID, and
- Wear socks and remove footwear in the classroom.

## Ready to Register?

Request for [Registration](#)  
and/or [Sponsor an Employee Form](#)

### FOR MORE INFORMATION:

P 250 561 5846

E [continuinged@cnc.bc.ca](mailto:continuinged@cnc.bc.ca)

[cnc.bc.ca/ce](http://cnc.bc.ca/ce)

**8 Hours In-Person  
Offered Frequently**



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New Caledonia