



Basic First Aid

Course Overview

\$217.35

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 250 991 7500

E quesnel_admissions@cnc.bc.ca

cnc.bc.ca/ce

8 Hours Offered In-Person

1

2026I CEFA 120 201

May 6, 2026

Wednesday | 8:30am - 5:00pm

Registration recommended by
Tuesday, April 28, 2026.

Quesnel Campus

2

2026I CEFA 120 204

May 14, 2026

Thursday | 8:30am - 5:00pm

Registration recommended by
Wednesday, May 6, 2026

Quesnel Campus

3

2026I CEFA 120 202

May 27, 2026

Wednesday | 8:30am - 5:00pm

Registration recommended by
Tuesday, May 19, 2026.

Quesnel Campus

4

2026I CEFA 120 203

June 8, 2026

Monday | 8:30am - 5:00pm

Registration recommended by
Sunday, May 31, 2026.

Quesnel Campus

5

2026I CEFA 120 205

July 22, 2026

Wednesday | 8:30am - 5:00pm

Registration recommended by
Monday, July 13, 2026.

Quesnel Campus

Please register before the recommended date as courses under-enrolled as of this date may be cancelled. Registrations after this date will be accepted if space is available.