



St. John Ambulance Saint-Jean

St. John Ambulance certifies that

KARA PRESS

has completed

Emergency First Aid/CPR C/AED

Class #: COUR-0506-NL-120123-6714

Expiry Date: Jan 12, 2026

Reference #: 0187312875

Issued By/On: St. John Council for Newfoundland and Labrador Inc. Jan 12, 2023



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Level C CPR/AED

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Lessons taught

1. Roles and Responsibilities, ESM
2. Adult Resuscitation
3. Two-Rescuer CPR
4. Child and Infant Resuscitation
5. Medical Conditions
6. ESM - Trauma
7. Severe Bleeding, Amputations
8. Wound Care
9. Burns
10. Mental Health Awareness

Cardiopulmonary Resuscitation Levels:

- Level A: One-rescuer CPR and choking manoeuvres for an adult casualty
- Level B: One-rescuer CPR and choking manoeuvres for an adult, child and infant casualties
- Level C: One and two-rescuer CPR and choking manoeuvres for an adult, child and infant casualties
- BLS/HCP: One and two-rescuer CPR and choking manoeuvres for an adult, child and infant casualties. AR, BVM, AED included
- Level E: Customized courses that provide training for special needs group
- AED: Understanding the knowledge and skill to safely use an AED (Automated External Defibrillator)

Annual retraining in CPR is recommended