



St. John Ambulance Saint-Jean

St. John Ambulance certifies that

CARLA M POMEROY

has completed

Basic First Aid CPR C/AED (Emergency)

Class #: COUR-1188-NL-260126-5274

Expiry Date: Jan 26, 2029

Reference #: 0178577151

Issued By/On: St. John Council for Newfoundland & Labrador Inc. Jan 26, 2026



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Level C CPR/AED

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Lessons taught

1. Roles and Responsibilities, ESM
2. Adult Resuscitation
3. Child and Infant Resuscitation
4. Two-Rescuer CPR
5. Anaphylaxis
6. Moving & Transporting Casualties
7. ESM Trauma
8. Severe Bleeding & Amputations
10. Burns

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