

# CPR and First Aid

Online registration  [town.uxbridge.on.ca](http://town.uxbridge.on.ca)

## Did you know...

### Uxpool offers CPR and First Aid Training



#### Standard First Aid/CPR C

This course provides a comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid, such as: spinal injuries; medical/legal issues; heat or cold injuries; bone and joint injuries; abdominal and chest injuries, as well as burns. Includes CPR C certification and an introduction to the use of AEDs (Automated External Defibrillation)

This course is recognized by the Workplace Safety and Insurance Board (WSIB).

Offered: 9:00am-5:00pm at Uxpool on April 7 & 8, May 5 & 6, June 9 & 10, June 23 & 24, August 18 & 19 Cost: \$130 + HST.

SFA Recertification: 9:00am-5:00pm at Uxpool on April 8, May 6, June 10, 24, August 19.

\*Restrictions may apply. Cost: \$95 + HST.

#### Customized First Aid Training

These courses enable you to deal with injuries and medical emergencies at home, work or play. The Township continues to offer, in conjunction with Uxpool, customized First Aid courses to suit your business needs. We will be happy to structure the core content to fit into your business environment. These courses can also include CPR, WHMIS and Defibrillator certifications. All courses follow the WSIB guidelines and certification requirements, containing theoretical and background subject matter coupled with practical hands-on application. Our outstanding trainers will engage the learner and can motivate interaction through discussion and hands-on competency. We provide ongoing quality control and feedback to ensure materials and the overall training experience is meeting your expectations. Any group of six or more individuals, such as businesses, baby groups and youth groups can be accommodated. We will be more than happy to come to your site, or set up your course to take place at Uxpool.

For information contact Uxpool at 905-852-7831 or email at [pool@town.uxbridge.on.ca](mailto:pool@town.uxbridge.on.ca)



*Run for the Diamond*

## UXBRIDGE HALF MARATHON

10K & 5K TRAIL RUN/WALK

**Sunday, April 15, 2018**

in support of



21.1 km  
Half Marathon Run



10 km Trail  
Run/Walk



5 km Trail  
Run/Walk



Kids Dash  
All photos from 2015 event

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