

Learn First Aid

OHS CPR AED



Make knowing 'How To Save A Life' part of your New Years Resolution

Courses available weekly
Register online at www.sja.ca
or contact your local
SJA Training Centre today



St. John Ambulance

SAVING LIVES
at work, home and play



Save a Life in 2017

New Year's resolutions are different for everyone. But the one thing they all have in common is a drive for self-improvement. This year, learn how to save a life.

For more than 125 years, St. John Ambulance has been training Canadians to make a real difference at work, in the home, and around the community. In 2016, St. John Ambulance received the Canadian Occupational Safety Magazine Readers' Choice Award for First Aid Training Provider.

"Safety is the number one issue for most people. That's why it's our job to make sure there is always someone around that is first aid certified and knows how to properly help save your life," says Bernie Hernando, Marketing Coordinator with St. John Ambulance.

In 2017, make it a priority to get your first aid certification (a 16-hour course). It is good for three years and looks great on a resumé. If you are already certified, check your card, and if you are due, register for a one-day re-certification course to keep your skills sharp.

"What you see on television isn't always correct, and going through a certified first aid course can make the difference between life or death," says Hernando. "On a national average, only about 25 per cent of people know first aid. That number is astonishingly low, and means that only one in four would know what to do if someone needed help."

For more information on how to become first-aid certified and for course dates visit sja.ca.