

# Lifesaver 101 Discusses Who Needs CPR, and Why It is Important

*Lifesaver 101, a Sudbury based CPR training company, discusses who needs CPR training, and why it is important to know and not just for emergency personnel.*

SUDBURY, ONTARIO, CANADA, July 5, 2018 /EINPresswire.com/ -- For the most part, people expect emergency and first responders to know CPR, with little understanding as to how it can benefit a lot more people. CPR can come in handy for many people other than emergency personnel and medical professionals. For most other people who get first aid training, they do it for their careers or for courses they're taking. Some people though get [CPR training](#) just so that they can be prepared for any situation.

"There are a lot of situations outside of strict medical and rescue professions that call for first aid and CPR training," says Sean Wyers, owner of Lifesaver 101, "For instance, in a lot of factories and manufacturing facilities it is a requirement to have a staff member who is certified in First Aid & CPR be available at all times."

Below there are several examples of other fields and courses where people need to know CPR.

1) Workplace requirements. WSIB requires employees to be certified in either the 1 day Emergency First Aid & CPR or the 2 day Standard First Aid & CPR program. Which level of training they require and how many employees they require to be certified is determined by the WSIB. The legislation is WSIB Regulation 1101. This regulation outlines first aid training requirements. Lifesaver 101's Emergency and Standard First Aid certification courses are WSIB authorized programs – all first aid providers in Ontario must have their program approved by the WSIB to be valid in workplaces and for academic programs. They are the governing body in the province of Ontario.

2) Academic Programs: Many college and university programs require first aid certification for their students. At Lifesaver 101 many students take CPR training courses from the following programs – nursing, personal support worker (PSW), early childhood education (ECE), child and youth worker (CYW), dental hygiene, developmental service worker (DSW) as well and many other academic programs. With the CPR training, the Health Care Provider (HCP) Level CPR add-on is available at no additional charge. This higher level of certification is required by many of the health care programs such as nursing.

3) Individuals: Unfortunately, first aid providers don't enough of these. Most people take first aid because their employer or academic program made it mandatory. Rarely do people want to take the course just for their own knowledge. Lifesaver 10 encourages everyone to take some level of [First Aid & CPR training](#). New parents with an infant at home are great candidates for first aid training as well as anyone who wants to be able to assist family and friends or to be an asset in the community during an emergency medical situation.

CPR training is something that is invaluable for people to have, and too few people seem to have it. It is a way to help people and knowledge of CPR can save a life. Even for those who aren't in the medical field it can be very beneficial to know how to properly perform CPR.

About Lifesaver 101: Offering an enthusiastic, fun, and practical approach to First Aid & CPR training,

Lifesaver 101 First Aid & CPR Training Inc. offers courses in Standard and Emergency First Aid, all levels of CPR certification as well as Automated External Defibrillation training. With training centres in Toronto, Sudbury, and Durham Region, Lifesaver 101, is an [Ontario First Aid](#) and CPR Trainer that serves the GTA, Northern Ontario, Central and Eastern Ontario with scheduled in-class courses, as well as off-site and private group classes available. Their WSIB compliant courses fulfill workplace requirements, and the needs of students and other individuals seeking professional First Aid and CPR certification from skilled instructors. For more information about Lifesaver 101 visit [www.lifesaver101.com](http://www.lifesaver101.com), or call Lifesaver 101 Durham: 905-903-3201, Lifesaver 101 Toronto: 416-538-5900 or Lifesaver 101 Sudbury: 705-677-8258.

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