



# OCCUPATIONAL FIRST AID

## LEVEL 1 COURSE

# SAVE THE DATE

FRIDAY MAY 22, 2026

8:30AM - 4:30PM

**LUNCH IS  
PROVIDED!**

OFA Level 1 (Occupational First Aid) is a one-day, WorkSafeBC-recognized course focusing on basic, essential life-saving skills for low-risk workplaces. Participants who successfully complete the course will receive a 3 year certification.

### TRAINING INCLUDES:

- ✓ Assess scene safety
- ✓ Perform CPR
- ✓ Use an AED
- ✓ Treat bleeding and wounds
- ✓ Handle minor burns

### COURSE FEE:

Discounted rate of \$95  
(typically \$150+)

### ELIGIBILITY:

Must be 16 years old at  
the time of the course

### APPLY:

Online or talk to  
your counselor

**Applications are  
due Wednesday  
May 6, 2026**

ANY QUESTIONS REACH OUT TO [MRINDAHL@SD43.BC.CA](mailto:MRINDAHL@SD43.BC.CA)

**SCHOOL DISTRICT 43 EDUCATION LEARNING CENTRE**  
**1080 WINSLOW AVE, COQUITLAM, BC V3J 0M6**