



Rescue confidence guaranteed [avg. 117% ↑↑]
Role-playing scenarios + interactive quizzes
Resourceful colourful package and bulletins
60-seconds rescues...help them when it counts!
creating rescue confident families since 1992

led by **Kavita Chauhan**
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Red Cross training partner
First Aid instructor since 1992
Registered Kinesiologist
Child Car Seat technician
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first aid training @ your home or work or with friends

- + Red Cross certified courses
- + First Aid workshops – for parents, companies, groups, friends, family
- + Health & Safety @ Workplaces
- + First Aid supplies + kits
- + Charity First Aid & fundraising

workshops: first aid/ cpr car seats health & safety **1-2 hours**

\$35 pp [6-10 pp minimum]
or **\$200-350/ workshop**

* minimum depends on course, day, your location [serving 416/ 905/ 519]

Customize the course content. Car Seat demo + Q&A, not installs.



customized adult or child rescue course

\$50pp [10+ pp - \$500 flat rate]

3-4 hours of role-play practice

examples of topics added to course:
seizures [febril, epilepsy] SIDS/ SUDI + reducing risks | how to treat + prevent injuries: burns, fractures, sprains, strains, hot/cold emergencies | home/ workplace first aid policy | heart attacks, stroke, pregnant | spinal roll-overs + advanced skills | anaphylaxis + allergies | drowning + water safety | when + when not to call EMS/ 911 | child safety at home + car | child car seat install tips | What to carry...First aid kits for home, car, travel, diaper bag...



canadian red cross CERTIFIED courses

FIRST AID courses meet WSIB and Certification valid for 3 years.

First Aid + CPR/ AED [C & HCP]

Emergency First Aid + CPR & Automated External Defibrillator Adult, Child, and Infant \$90/person
9 hours, 6-8 people min.*

Standard First Aid + CPR & Automated External Defibrillator Adult, Child, and Infant \$120/person
18 hours, 6-8 people min.*

CPR/ AED courses [C & HCP]

CPR-C [Adult, Child, Infant] CPR-HCP & Automated External Defibrillator 6 hours, 4-8 people min.* \$70/person

Recertification current card needed

Standard First Aid + CPR [9 hours, \$90]
CPR-C or CPR-HCP [4 hours, \$45]

Group rates for >10 people. One-on-one training available. *depends on location in GTA. Taxes extra.



Register for **bulletins** emailed 6-8 x / year

Read & share previous bulletins

gather 4-10pp or join an 'upcoming course' on 2health.com

unique first aid kits + more save and buy in class

Seat Belt Cutter
[to quickly exit a car, remove a car seat, remove clothing]

\$3.54 + 13% = **\$4**

Keychain gloves + face shield
[convenient way to carry protection with your keys]

\$4.42 + 13% = **\$5**

2HEALTH Car First Aid KIT
[27 unique items in 3 reclosable bags in a waterproof pouch]

\$29.20 + 13% = **\$33***

*special with a course reg. \$34.51 + 13% = \$39

- > 2 pairs gloves
- > cold pack
- > face shield
- > 4 BZK pads
- > 4 cleansing pads
- > conforming roll
- > pressure bndg
- > seat belt cutter
- > light stick
- > biohazard bag
- > 3 tealights
- > 2 boxes waterproof matches
- > garbage bag
- > rescue blanket
- > string
- > water-proof, reclosable pouch
- > pencil
- > first aid card
- > adhesive tape
- > SS scissors
- > forceps
- > triangular bandage
- > 4 sting pads
- > 2 knuckle & 2 fingertip bandages
- > 20 plastic adhesive bandages
- > 3 plastic bags

2HEALTH mini KIT
[just in case, the essentials in a compact water-proof reclosable pouch]

\$13.27 + 13% = **\$15**

- > face shield & nitrile gloves
- > 6 non-stick gauze pads
- > 40 plastic bandages
- > cold pack
- > seat belt cutter
- > 6 BZK antiseptic pads
- > 6 wet nap cleansing pads

CPR Pocket Mask
[ideal protection during mouth-to-mouth]

\$17.70 + 13% = **\$20**

Face Shield + Nitrile gloves
[always on hand]

\$2.65 + 13% = **\$3**

2survive Travel First Aid KIT
[be prepared! all you need to be warm, help in first aid rescues, when no lights - 27 unique items...all in a waterproof pouch]

\$54.87 + 13% = **\$62**

2GO KIT
[minimum you should carry]

\$7.96 + 13% = **\$9**

- > face shield & nitrile gloves
- > sterile gauze roll
- > 20 plastic bandages
- > seat belt cutter
- > 6 BZK antiseptic pads

fully Prepped! all kits for \$115

car kit [\$33], mini [\$15]
2survive [\$62], 2GO [\$9]
+ get **free** 2GO kit & keychain value **\$133**

WSIB kits + customized first aid kits available - just ask us!