

# Red Cross Online Course Instructions

- You must complete the online course before attending your classroom training
- Please bring a copy of your online course completion ticket to class for verification (digital or physical)
- Your progress will be saved if you exit your online course at any time

## Step 1

- Login to your email address and find the email from the Canadian Red Cross. Click on the link

Welcome Red, you are receiving this email because you are registered in a Canadian Red Cross training course CPR/AED Blended, provided by Life Preservers First Aid Training Inc..

### Your online training

The login details below will direct you to your course materials. If you registered for a blended course, you must complete the online component before the in-class session.

1. [Please click here to create a new My Red Cross account](#)

**This registration link is customized for you, only! Do not forward this email.**

2. Verify your Email Address to create your My Red Cross Account & Password.  
**Please use the email address where you received this message for email address verification. Make note of your login details – you'll need these each time you log into MyRC.**
3. Complete your profile and click "Submit".
4. Navigate to "MY PROFILE --> My Online Courses".
5. Activate the course in the language of your choice.
6. Begin your training.

## Step 2

- Enter your email address and click VERIFY EMAIL


WELCOME TO MYRC TRAINING PORTAL.  
PLEASE VERIFY YOUR EMAIL FOR YOUR  
RED CROSS TRAINING ACCOUNT

EMAIL ADDRESS

## Step 3

- Enter your details and password and click CREATE

 Canadian Red Cross Croix-Rouge canadienne

Sign-UP

New Password

Confirm New Password

Given Name

Surname

# Step 4

- Enter your information and click SUBMIT

MY PROFILE | HELP

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My Profile

Your Info

First Name \*

Last Name \*

Date of Birth

Language \*

Phone Number

Email

Address

Street 1

Street 2

City

Province

Postal Code

Share my Information?

In order to ensure you are workplace certified in certain provinces (currently NL and BC), we will share your name, contact information, and year of birth with the applicable provincial workplace safety regulator. If you do not want to be workplace certified and do not want us to share this information, you may opt out.

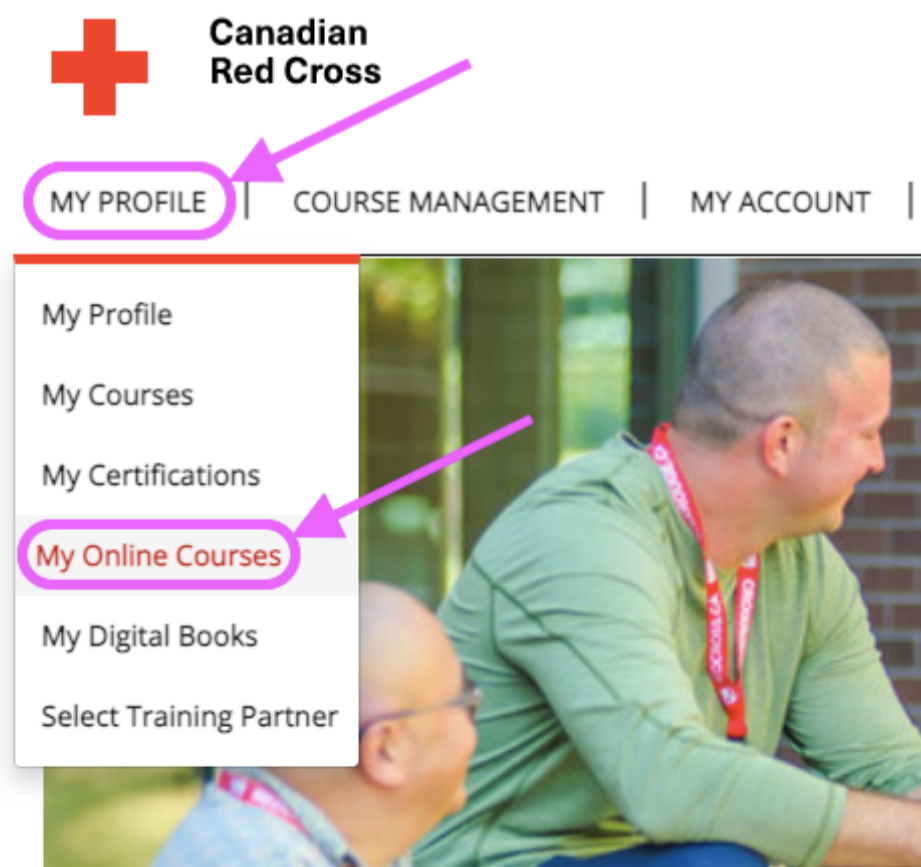
Share My Certificate information with Legislative Body

I allow Red Cross to share my contact information with Training Partners looking for instructors in my area

I would like to receive future updates and information from the Red Cross via email, including program updates and Red Cross tips for keeping you and your loved ones safe

# Step 5

- Once logged in, go to My Profile > My ONLINE Courses



# Step 6

- Click ACTIVATE on your preferred course language

The screenshot shows the Canadian Red Cross website header with the logo and navigation links (HOME, FRANÇAIS, LOGOUT). A welcome message is displayed: "Welcome, Red Cross Tuesday, April 16, 2024 - 15:25 ADT". Below this is a "Course Language Selection" table with two rows of course options, each with an "activate" button. A pink arrow points to the "activate" button for the English course.

| enrolled    | course   | options                  |
|-------------|--|--------------------------|
| 16 Apr 2024 | CPR - Online (english)                             | <a href="#">activate</a> |
| 16 Apr 2024 | Réanimation cardiorespiratoire – En ligne (french) | <a href="#">activate</a> |

Below the table is a "My Online Course Menu" section with a table that currently shows "nocourses".

| enrolled  | course | status | options |
|-----------|--------|--------|---------|
| nocourses |        |        |         |

# Step 7

- Complete the Knowledge Evaluation at the end of each chapter; complete all chapters

The screenshot shows the "Course Outline" page for the Standard First Aid & CPR course. The left sidebar contains a navigation menu with "Course Outline" highlighted. The main content area includes a "Knowledge Evaluation" button, a description of the course components, and a photo of a first aid demonstration. A pink arrow points to the "Knowledge Evaluation" button.

**Course Outline** font-size: ▲ ▾

← Previous 4 of 4 **Knowledge Evaluation**

The Standard First Aid & CPR course has both an online component and a classroom component.

The online component, which you're currently doing, will focus on building your knowledge. It includes injury prevention strategies, important background knowledge, and descriptions of how to recognize and care for a variety of injuries and illnesses. You will also read about particular first aid skills, and watch videos demonstrating how these skills are performed.

Once you complete this online component, you will be ready to move on to part two: The classroom component. The classroom component will focus on developing your skills. Your instructor will know that you have completed this online component, and so won't spend as much time on the background information that is covered here. Make sure you take the time you need to feel comfortable with what you're learning.

This online component covers care for adults, children, and babies. When you complete the classroom component, your skills and knowledge evaluation will focus on only the topic for which you are being certified.

You must successfully complete both the online and the classroom components to be certified in Standard First Aid & CPR.

← Previous 4 of 4 **Knowledge Evaluation**

# Step 8

- Once you have completed your online course, bring a digital or physical copy of your ticket to class

Date Online Completed: [REDACTED]  
Ticket Number: [REDACTED]

**Congratulations**


[REDACTED]

You have completed the online portion of  
Emergency First Aid & CPR - Online  
You are now required to attend and successfully complete a skills and examination session.

Please make contact or have a company coordinator contact your training provider to arrange a time for skills training and examination session.

If you have further inquiries, please contact: [myrcsupport@redcross.ca](mailto:myrcsupport@redcross.ca) or 1-877-356-3226

**Please note: This is not a certificate, it is a ticket validation of the completion of the online portion of training. Please print this ticket and present it at the skills training and examination session.**



If you experience an **issue** with your account or online course at any point, please send a screenshot of the issue to [admin@lifepreservers.ca](mailto:admin@lifepreservers.ca)