Red Cross Emergency First Aid resources are available for offices, restaurants, work sites and other organizations.

The First Aid Training course provides basic caregiving steps for a range of first aid situations, including cardiac emergencies, stroke, burns, choking, allergic reactions and more.

* Click [[[here](https://www.redcross.org/take-a-class/first-aid/first-aid-training)](https://www.redcross.org/take-a-class/first-aid/first-aid-training)](https://www.redcross.org/take-a-class?utm_source=RCO&utm_medium=RCO_Navigation_Training_Certification) to access a range of American Red Cross First Aid Training Courses.
* Click [here](https://www.redcross.ca/training-and-certification/course-descriptions/workplace-and-corporate-first-aid-courses) to access a range of Canadian Red Cross First Aid Training Courses.

Copies of the Canadian Red Cross [Comprehensive Guide for First Aid](https://www.redcross.ca/crc/documents/comprehensive_guide_for_firstaidcpr_en.pdf) and American Red Cross [First Aid/CPR/AED study manual](https://www.redcross.org/content/dam/redcross/atg/PDFs/Take_a_Class/FA_CPR_AED_PM_sample_chapter.pdf) are also available for free.

The official First Aid App of The International Federation of Red Cross and Red Crescent Societies (IFRC) puts lifesaving advice in your hands. The app helps you maintain your First Aid and CPR skills while helping you respond to everyday emergencies by providing instant access to simple step-by-step advice.

Access it in the US [here](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html) and in Canada [here](https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-app).

Need first aid supplies for your business? Check out our [Canadian](https://products.redcross.ca/collections/first-aid-kits) Red Cross and [American](https://www.redcross.org/store/first-aid-cpr-aed-equipment-supplies-materials) Red Cross stores.