

CPR & First Aid

Our American Heart Association first aid, CPR and AED programs are designed to give you the confidence to respond in an emergency situation with skills that can save a life either at home or in the workplace. These courses are ideal for people who prefer group interaction and instructor feedback while learning skills. All skills that are taught during the course are backed up with hands on practice whether it is with a CPR manikin or using an epinephrine trainer pen.

Additional training in site specific exposures and injury prevention can be added to CPR and first aid training to prepare you to prevent and respond to situations that may arise while in the workplace.

Topics:

- CPR
- CPR with a mask or barrier device
- Helping a choking victim
- Treating thermal and chemical burns
- Animal and insect bites and stings
- Recognizing and responding to low blood sugar, seizures, and shock
- Epinephrine pen to treat allergic reactions
- Properly stocked first aid kits
- Recognizing heart attacks and strokes
- Hypothermia and heat related injuries
- Puncture wounds and lacerations
- Automated external defibrillator (optional)

Upon Successful Course Completion

Participants who complete the requirements (attendance, activities and exam) will receive an American Heart Association CPR and First Aid certification card. Certification is valid for 2 years.

Duration: 4 Hour Program