

# FIRST AID/CPR/AED

## Adult

**SAFESWORLD**



SAFETY FOR PEOPLE AND PLACES



Meet your OSHA workplace requirements by scheduling yourself, your colleagues and your employees to attend this instructor led course where you'll learn how to respond to first aid, breathing and cardiac emergencies. In the classroom, you'll have the opportunity to learn from and interact with SafeWorld's Red Cross instructor who will guide you through hands-on practice of lifesaving skills.

### Target Audience

SafeWorld's Red Cross First Aid/CPR/AED courses are OSHA compliant and are therefore an essential course for all employees that are covered by an OSHA-mandated job requirement. These courses are designed for everyone who wants to know how to keep your family and friends safe in their workplaces, schools, communities and homes.



### What Does **CPR** Mean?

CPR, an acronym for cardiopulmonary resuscitation, is a procedure to support and maintain breathing and circulation for an infant, child, adolescent or adult who has stopped breathing (respiratory arrest) and/or whose heart has stopped (cardiac arrest).

### What Does **AED** Mean?

AED is an acronym for automated external defibrillator. An AED is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA). SCA is a condition in which the heart suddenly and unexpectedly stops beating.

## Course Objectives

1. To prepare the student to recognize and respond appropriately to cardiac, breathing and first aid emergencies.
2. To teach skills that students need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over.
3. To explain to each student the value of asking questions when he/she does not understand a certain aspect of the skills and knowledge training.

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4. To emphasize the need for rapid medical assistance in an emergency and the importance of the role of lay responders at work, at school, in the community and at home.

## Course Content

The technical content within the First Aid/CPR/AED program reflects the most current consensus on scientific recommendations. The program content includes the knowledge and skills necessary for students to safely identify and give appropriate care, regardless of the type of emergency. The basic steps to follow in an emergency are outlined in the following:

1. Action before giving care
2. Checking an injured or ill person
3. Environmental emergencies
4. Sudden illness
5. Soft tissue injuries
6. Injuries to muscles, bones and joints
7. Cardiac emergencies and CPR
8. Breathing emergencies
9. AED use and procedure

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### Prerequisite

There are no prerequisites for this course.

### Completion Time

5 Hours Classroom Course

### Student/Instructor Ratio

12 to 1

### Certification Period

2 years

## Contact Info

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