

COURSE DESCRIPTIONS & PRICES

* **Standard First Aid with CPR/AED - Adult**

Specifically geared to the needs of the workplace, this course provides hands-on Adult CPR, automated external defibrillation (AED) and First Aid training. Course length is approximately 5½ hours; **meets OSHA guidelines for First Aid.** In addition, it can be tailored to include the following optional one-hour injury control modules*:

- Ergonomics; Slips, Trips and Falls; Back Injury Prevention; Workplace Violence; Managing Stress; and Your Heart Matters.

Price: \$90.00/person – Community and Open Corporate Class*

*Optional injury control modules are available for \$3.00 per participant. Please call for more information.

* **Standard First Aid with CPR/AED – Adult plus Child and Infant CPR**

This course offers Adult CPR and AED training as well as CPR for infant and child victims including obstructed airway and rescue breathing lessons. First Aid skills include identifying and caring for life-threatening bleeding, sudden illness and injuries.

Price: \$110.00/person – Community and Open Corporate Class

* **CPR/AED - Adult**

For those needing adult CPR training only, this hands-on skills course also includes AED training as well as basic precautions for preventing disease transmission.

Price: \$70.00/person – Community and Open Corporate Class

* **Standard First Aid**

This course includes training in recognizing and handling emergency situations, basic disease transmission precautions; care for bleeding, wounds, sudden illness, and how to immobilize muscle, bone and joint injuries. *Meets OSHA guidelines for First Aid.* Participants must have a current CPR certificate!

Price: \$70.00/person – Corporate or Community Class

* **Babysitter's Training**

Here's a great course for 11-15 year olds who are ready for their first job or who watch younger brothers or sisters. Course content includes basic care, leadership, decision-making skills, safety & professionalism.

Price: \$85.00/person

Other classes are available for on-site training. Please call 833-0942 Ext. 244 for a complete list of courses.



Health and Safety Services

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COURSE DESCRIPTIONS & PRICES (continued)

* **CPR/AED for the Professional Rescuer**

This course is intended for the person with a duty to respond, such as nursing program students, police, firefighters and lifeguards. Skills taught include CPR for adults, infants & children, rescue breathing, and conscious and unconscious choking. Also includes two-rescuer CPR, using a bag valve/resuscitation mask and AED training. Optional First Aid component now available.

Price: \$110.00/person* - Community Class

*Optional First Aid available for additional \$20.00 fee.

* **Dog and Cat First Aid**

Dog and Cat First Aid teaches cat and dog owners how to respond to a wide range of animal emergencies, from dressing a wound to performing CPR to preparing pets for natural disasters. Because pets experience many of the same emergencies that humans do, classes are similar to Red Cross adult and child first aid classes. Contact Grey-Save of NW PA for information on class availability at 825-7825 or at greysave@aol.com. Visit them on the web at <http://hometown.aol.com/greysave/Index.html>.

Price: Contact Grey-Save

If you know someone who's looking for a Lifeguard Training course or wants to learn how to swim, contact one of the Authorized Providers of American Red Cross Water Safety courses below:



- Millcreek Township Parks & Recreation Dept. 835-4122
- Pennbriar Athletic Club 825-8111
- Villa Maria Pool (Ext. 229) 838-5451
- Elk Creek Recreation Board (Girard/West County area) 774-3519
- Fairview Recreation Authority 474-5077
- Barber National Institute Pool 878-4071
- Nautilus Fitness & Racquet Club 459-3033

DID YOU KNOW?

...that when you purchase American Red Cross training you're helping those in need in our community? **The American Red Cross is a humanitarian organization which provides disaster relief to those in emergency situations.** Our operations are funded through donations by the American people and through Health and Safety program revenue. *The Greater Erie County Chapter of the American Red Cross is a local United Way member agency.*



Now that you've considered a CPR or First Aid course, do you have a first aid kit or breathing barrier at the ready? We have a complete line of products available. Please call 833-0942 Ext. 243 for a brochure or information.



Make a plan • Build a Kit • Get Trained • Volunteer • Give Blood

TOGETHER WE PREPARE

Health and Safety Services Training Schedule for JULY - DECEMBER 2011

BE A HERO



HELP CHANGE A LIFE

GREATER ERIE COUNTY CHAPTER

4961 Pittsburgh Avenue

Erie PA 16509-6206

(814) 833-0942

Local web site: www.eredcross.org

National web site: www.redcross.org



American Red Cross

**AMERICAN RED CROSS COMMUNITY AND "OPEN" CORPORATE
SCHEDULE FOR JULY THROUGH DECEMBER 2011**

SATURDAY COMMUNITY COURSE OFFERINGS

Class ↓	Month →	<i>July</i>	<i>August</i>	<i>September</i>	<i>October</i>	<i>November</i>	<i>December</i>
Standard First Aid with CPR/AED – Adult plus Child and Infant CPR (\$110 per person)		Saturday 2 nd , 16 th or 30 th 9:00 AM – 4:30 PM	Saturday 13 th or 27 th 9:00 AM – 4:30 PM	Saturday 10 th or 24 th 9:00 AM – 4:30 PM	Saturday 8 th or 22 nd 9:00 AM – 4:30 PM	Saturday 5 th or 19 th 9:00 AM – 4:30 PM	Saturday 3 rd or 17 th 9:00 AM – 4:30 PM
CPR/AED for the Professional Rescuer (one- and two-rescuer CPR course, available with optional First Aid component) (\$110 per person)		Saturday 9 th 9:00 AM – 4:30 PM* <small>*Including optional First Aid component; ending time without first aid is approximately 3:00 PM</small>	Saturday 6 th 9:00 AM – 4:30 PM* <small>*Including optional First Aid component; ending time without first aid is approximately 3:00 PM</small>	Saturday 3 rd 9:00 AM – 4:30 PM* <small>*Including optional First Aid component; ending time without first aid is approximately 3:00 PM</small>	Saturday 1 st 9:00 AM – 4:30 PM* <small>*Including optional First Aid component; ending time without first aid is approximately 3:00 PM</small>	Saturday 12 th 9:00 AM – 4:30 PM* <small>*Including optional First Aid component; ending time without first aid is approximately 3:00 PM</small>	Saturday 10 th 9:00 AM – 4:30 PM* <small>*Including optional First Aid component; ending time without first aid is approximately 3:00 PM</small>
Babysitter's Training (\$85 per student)		Saturday 23 rd 9:00 AM – 3:00 PM	Saturday 20 th 9:00 AM – 3:00 PM	Saturday 17 th 9:00 AM – 3:00 PM	Saturday 15 th 9:00 AM – 3:00 PM	Saturday 19 th 9:00 AM – 3:00 PM	Saturday 17 th 9:00 AM – 3:00 PM

WEEKDAY "OPEN" CORPORATE CLASS OFFERINGS*

Class ↓	Month →	<i>July</i>	<i>August</i>	<i>September</i>	<i>October</i>	<i>November</i>	<i>December</i>
Standard First Aid with CPR/AED – Adult plus Child and Infant CPR (\$110 per person)		<u>Tuesday:</u> 5 th or 19 th 9:00 AM – 4:30 PM	<u>Tuesday:</u> 2 nd , 16 th or 30 th 9:00 AM – 4:30 PM	<u>Tuesday:</u> 13 th or 27 th 9:00 AM – 4:30 PM	<u>Tuesday:</u> 11 th or 25 th 9:00 AM – 4:30 PM	<u>Tuesday:</u> 8 th or 22 nd 9:00 AM – 4:30 PM	<u>Tuesday:</u> 6 th or 20 th 9:00 AM – 4:30 PM
CPR/AED - Adult Course only (\$70 per person)		<u>Tuesday:</u> 5 th or 19 th 9:00 AM – 12:30 PM	<u>Tuesday:</u> 2 nd , 16 th or 30 th 9:00 AM – 12:30 PM	<u>Tuesday:</u> 13 th or 27 th 9:00 AM – 12:30 PM	<u>Tuesday:</u> 11 th or 25 th 9:00 AM – 12:30 PM	<u>Tuesday:</u> 8 th or 22 nd 9:00 AM – 12:30 PM	<u>Tuesday:</u> 6 th or 20 th 9:00 AM – 12:30 PM

*"Open" Corporate classes are geared to companies needing training in CPR/AED and First Aid that have fewer than eight employees at a time to hold a dedicated work site class. In addition, our Open corporate classes are available to *individuals* also looking for a weekday, daytime-hours CPR/AED/First Aid course offering to meet workplace, educational or personal needs.

CPR and First Aid courses are also available at your company's work site! If you have a group of 8 or more employees we can bring the instructor and class materials to you. Call Tim Zarnick at 833-0942, Extension 244 to arrange a class or for more information.