



# FIRST AID/CPR *and* EMERGENCY CARE

The Center for Safety and Emergency Response Training (CSERT) is an authorized American Red Cross Training Provider and also offers American Heart Association courses. If your personnel need initial or refresher training, or would like to challenge a final exam, we can fulfill those needs. Our programs are affordable, flexible, and reflect current Emergency Cardiovascular Care (ECC) Guidelines and OSHA First Aid standards. Courses can be conducted at your location or at the CSERT Training Center.

With a variety of courses available, a training program can be tailored to fit your operational situation.

## First Aid

Lecture, interactive video demonstrations, discussions, and hands-on training allow the participants to recognize emergency situations. The training includes topics on how to:

- Avoid bloodborne pathogen exposures;
- Provide basic first aid care;
- Manage sudden illnesses, such as stroke, seizure, bites, poisonings; and
- Minimize shock.

Depending on your needs, classes run 1.5 to 53 hours.

## CPR: Adult, Child and/or Infant

Learn to do CPR (Cardiopulmonary Resuscitation). Video demonstrations and hands on training teach participants CPR. Also covered is:

- Care for conscious and unconscious choking victims,
- Knowing the role of the AED (Automatic External Defibrillator) in the Cardiac Chain of Survival,
- Avoidance of bloodborne pathogen exposure, and
- Care for breathing emergencies.

Each course can be taken individually or combined with other modules such as Adult CPR and AED or Standard First Aid and Child/Infant CPR.

## AED Essentials

This is a 2-hour course designed for those already certified in CPR and who are interested in AED training. Participants learn how to use an AED, helping to reduce response anxiety.

## Preventing Disease Transmission *(Bloodborne Pathogens)*

A 2-hour course designed for those who need to understand transmission and prevention of disease, their employer's exposure control plan, and emergency and follow-up procedures.

## Additional Modular and Course Offerings

- Your Heart Matters
- Slips, Trips and Falls
- Back Injury Prevention
- Workplace Violence Awareness
- Managing Stress
- Ergonomics
- Community First Aid and Safety
- First Aid Only
- Workplace Training: Standard First Aid
- Workplace Training: Standard First Aid with Adult CPR/AED
- Emergency Response
- CPR/AED for the Professional Rescuer

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