



BEIT AM SAFETY & SECURITY COMMITTEE



...encourages Beit Am members to attend

Basic First Aid/CPR/AED

WITH PHILOMATH FIRE DEPARTMENT TRAINER

Special for Beit Am Members

Sunday, May 19th at the Philomath Fire Station

1 pm - 7 pm

\$60.00

(\$45 if only the First Aid or CPR/AED portion)

Would you know what to do?

This practical course taught by a certified Philomath Fire Department instructor, will focus on skills useful to our residents, including dealing with:

- 911 calls
- Basic household first aid – choking, falls, cuts, burns, etc.
- Newest CPR recommendations
- How to use an AED (automatic external defibrillator)
- Brief overview of disaster first aid

Sign up now! Pre-registration required by May 1 or until full.

Reserve your spot by signing up at:

<https://www.signupgenius.com/go/805044EAEA822A02-first>



*Class size limited to 18 attendees
This class may be offered again in the fall*

Email: adamburlock@gmail.com with questions

First Aid CPR AED



Classroom

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital.

Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

Upon successful completion of the course, including a first aid, CPR and AED skills test, students receive a Heartsaver First Aid CPR AED course completion card, valid for 2 years.

Course Covers

- Key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Adult CPR and AED use
- Optional modules in child CPR and AED use and infant CPR
- Optional written test

Heartsaver First Aid CPR AED Course Materials

- Heartsaver First Aid CPR AED Instructor Manual with Lesson Maps and Instructor CD (90-1029)
- Heartsaver DVD Set (90-1028)
- Heartsaver First Aid CPR AED Student Workbook with Heartsaver First Aid Quick Reference Guide,* Heartsaver CPR AED Adult Reminder Card and Heartsaver CPR AED Child & Infant Reminder Card (90-1026)

* Heartsaver First Aid Quick Reference Guide also sold separately (90-1025)

Primary Audience

This course is for anyone with limited or no medical training who needs a course completion card in First Aid, CPR or AED use to meet job, regulatory or other requirements.

Unfortunately, emergencies happen anywhere. When a life is at stake, don't settle for less. Rely on quality training from the trusted leader in CPR and emergency cardiovascular care — rely on the American Heart Association.

Philomath Fire & Rescue is offering this class on dates especially for Beit Am members. Look for notices in Beit Am communications

See other side for how to sign up

First aid, CPR and AED training is an important part of an effective safety program. Through our Heartsaver First Aid CPR AED Course, your employees will have the confidence and skills to respond to a variety of emergencies.



www.heart.org/workplace