

Health, Safety
and
Preparedness Training
Calendar

January 2010 - August 2010



**American
Red Cross**

Iowa Great Lakes Chapter

Be
Red Cross
Ready

Adult, Child and Infant CPR and AED Standard First Aid

Classes held monthly.

January 2010 to August 2010

Saturday Classes CPR 8:30-12:30 Noon First Aid 1:00 - 3:00 PM
Wednesday Classes CPR 8:30-12:30 Noon First Aid 1:00 - 3:00 PM

All Evening Wednesday Courses CPR only 5:00 PM to 9:30 PM

Registration Fee: \$40.00 for CPR/ AED \$20.00 FIRST AID \$60.00 FULL COURSE

(Standard First Aid is taught in the afternoon. If only CPR/AED needed, the class completes at noon.)

Saturday	February 6 th	Wednesday	February 17 th
Saturday	March 20 th	Wednesday	March 10 th
Saturday	April 17 th	Wednesday	April 7 th
Saturday	May 15 th	Wednesday	May 5 th
Saturday	June 12 th	Wednesday	June 9 th
Saturday	July 17 th	Wednesday	July 7 th
Saturday	August 7 th	Wednesday	August 11 th
<i>Monthly Saturday Dates</i>		<i>Wednesday dates are both day and evenings dates.</i>	

If you do not see a date that meets your needs please call us at
712-262-1574 and we will work to make alternate
arrangements.

All dates are subject to change

Why Learn CPR?

**Prompt, effective administration of CPR can mean
the difference between life and death.**

Consider these statistics regarding cardiac arrest...

- **85% of out-of-hospital cardiac arrests occur at work or at home.**
 - Approximately 1.25 million people in the U.S. experience a heart attack each year. 500,000 of these attacks result in death.
 - A treatment delay of 4 to 5 minutes decreases survival rates by as much as 40%.
- **Delay of 10 minutes or more results in death 95% of the time**

Standard First Aid Be Red Cross Ready

WHO SHOULD ATTEND

All safety-minded individuals should learn these vital skills.
Prerequisites None

Certifications 3 years

Length
Standard First Aid 2.5 hours



Learn how to recognize and care for life-threatening medical emergencies including:

- Burns, bleeding and shock
- Injuries to muscles, bones and joints
- Head and spinal injuries
- Heat and cold emergencies, including hypothermia and heat stroke
- Bites and stings
- Sudden illnesses, stroke, seizure and poisoning

Dog & Cat First Aid

This course covers:

- Symptoms and care for common ailments & emergencies
- Practice of animal CPR skills
- Disaster preparedness

Length Either Cat or Dog First Aid 2.5 hours
Both Cat and Dog First Aid 5 hours

Course Fee Either Cat or Dog First Aid \$20

Both Cat and Dog First Aid \$35

Note: Full service classes for groups or families are available



Call the office for class offerings

712-262-1574

arcigl@smunet.net



**American
Red Cross**

Preparing People to Save Lives Everyday

CPR/AED for Professional Rescuer Review

WHO SHOULD ATTEND

Currently certified Professional Rescuers

Prerequisites Certification in CPR/AED for the Professional Rescuer that is current or has expired within the last year. Note: You must bring your current certification to class.

Certifications: 1 year for Lifeguards

2 year for Professional Rescuer & the Healthcare Provider

Length 4.5 hours

Course Fee CPR for the Pro Rescuer Review \$40

CPR for the Pro Rescuer Book \$13.99

CPR Pocket Resuscitation Mask \$13.95

CPR/AED for the Professional Rescuer

WHO SHOULD ATTEND

If you are a nurse, lifeguard, flight attendant, firefighter, law enforcement specialist, EMS professional, part of a business or industry response team, or anyone else with a job-related duty to respond in an emergency. This course was created with **you** in mind.

Prerequisites: None

Certifications: 1 year for Lifeguards

2 year for Professional Rescuer & the Healthcare Provider

Through lectures, videos, hands-on skills training and a participant's manual, you'll learn how to:

*Recognize and care for breathing and cardiac emergencies for all ages

*Perform two-rescuer CPR

*Use body substance isolation precautions to prevent disease transmission

*Utilize a pocket face mask and a bag valve mask when performing CPR

*Use an AED on victim of sudden cardiac arrest

COURSES SCHEDULED AS NEEDED PLEASE CALL TO SCHEDULE

712-262-1574 or e-mail arcigl@smunet.net

Babysitter Training Course

WHO SHOULD ATTEND

Girls and Boys 11 to 15 years old who want to learn how to care for infants and young children.

Prerequisites must be at least 11 years of age.

Certifications Babysitter's Training

1 year Infant & Child CPR

Length 8 hours

Babysitter's Training will show you how to:

- Respond to emergencies and illnesses with first aid and other appropriate care
- Make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Confidently feed, diaper and care for infants. Useful take-home course materials are designed to help you retain your new skills and serve as important reference tools in an emergency

"I loved this clinic! If I could do it again next year I would, but after this clinic today I will probably be out babysitting. "

Clinic Participant

Useful take-home course materials are designed to help you retain your new skills and serve as important reference tools in an emergency.



CLASS DATES

712-262-1574 or arcigl@smunet.net

Want A **HOT** Job With **COOL** Rewards?

Become A **RED CROSS** Trained Lifeguard



Prerequisites Minimum age of 15, swim 300 yards continuously-100 yards front crawl using rhythmic breathing; 100 yards breaststroke using full breathe, kick, glide, 100 yards front crawl, breaststroke or combination; start in water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb. object, return to the surface, swim 20 yards back to starting point with the object, exit the water without using a ladder or steps, within 1 minute 40 seconds.

Certifications Lifeguarding/First Aid: 3 years; CPR/AED for the Professional Rescuer: 1 year
Length 4 days (including the pre-course session)

Course Fee \$125.00

NOTE: This course meets the Lifeguard requirements to work at any pool. Certification requirements include scoring a minimum of 80% on written exams, complete final skill scenarios, and perform all critical skills for Lifeguard Training and CPR/AED for the Professional Rescuer. It is highly recommended to practice the 300 yard swim several times prior to screening. No make-up days are allowed.

Through videos, group discussion and hands-on practice you'll learn:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills - in the water and on land, including equipment-based rescues
- First aid training and professional rescuer CPR-to help you prepare for any emergency.
- Professional lifeguard responsibilities like interacting with the public and addressing uncooperative patrons
- low to recognize and care for possible head, neck or back injuries
- The value of behaving in a professional manner

www.iglredcross.org

arcigl@smunet.net



**American
Red Cross**

ADDITIONAL RED CROSS COURSES

Bloodborne Pathogens
Administering Emergency Oxygen
Water Safety Instructor
CPR Child and Infant Only
CPR/AED Instructor



Please contact Health and Safety Services Director
For course details
712-262-1574

arcigl@smunet.net

Registration Policy & Procedures

Phone

Call 712-262-1574 to register. Office hours are between 8:30 am and 4:30pm, Monday through Friday. If you get voice mail, please leave your name and phone number and we will return your call in a timely manner or you may try 712-661-9705.

Fax your registration form to 712-580-3317.

Mail your registration form (with payment) to:

Iowa Great Lakes Chapter American Red Cross
1900 North Grand Suite D-3

PO Box 407
Spencer Iowa 51301

In-Person Bring your registration form with payment to the Red Cross office.

CAN YOU HELP ME DETERMINE WHICH CLASS I NEED?

The Heartland Chapter Customer Service staff will do their best to help you make an educated decision as to which class meets your needs. Check with your employer since many specific requirements are set by the employers themselves.

Can I take a class if I have a medical condition or a special educational need?

We will work with you to accommodate medical conditions or disabilities as much as possible, although certification requirements vary among classes. **DISCLOSUR:** Due to the nature of the skills, you will be participating in strenuous activities. If you have a medical condition or disability that may prevent you from taking part in a class, or if you have any questions about your ability to participate fully, discuss them with your healthcare provider.

Will I receive a confirmation — and can I get a receipt?

You will receive a class confirmation and receipt, with directions to the class location, by mail or email after payment is received. This includes online registrations. Remember to verify the date and time of your training session as it appears on your confirmation. If you do not receive this confirmation letter, please call Iowa Great Lakes Chapter at 712-262-1574 prior to attending class.

How actively must I participate in class?

You'll learn more — and have more fun — by participating as much as possible. Most classes include videos, group discussions and skills practice that require you to participate in hands-on activities. Since some of the skills practice takes place on the floor, please wear comfortable, non-restrictive clothing. To receive certification, you must attend all class sessions and pass both skills and written testing.

What if I'm late to class?

Since the core of most programs is taught at the beginning of class, late arrivals are admitted at the discretion of the instructor. If you arrive too late or miss a scheduled class, a \$20 re-enrollment fee will be assessed to register into another class.

Can I cancel a class?

If you need to transfer or cancel your registration, please let us know at least three full working days in advance. We will make every effort to accommodate your request, but refunds and transfers may not be honored if made without sufficient advance notice. "Please refer to local chapter for cancellation Policy..."

Iowa Great Lakes Health, Safety, Preparedness Registration Form

Last First Middle

Home Address City State Zip

Day Phone Evening Phone

Email Address

Course Title Date(s) Time(s)

Location Cost

Total Cost (class fees) _____

Cash

Check # _____

