



**American
Red Cross**

Trained. Empowered. Prepared.

Central Iowa Chapter
Health & Safety Services
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On-site Training

Prepare a Safer Workplace and Protect Your Most Valuable Asset: Your Employees

While you can't prevent disasters, you can be prepared for them. That's why now is the time to invest in the well-being of your entire company with American Red Cross health and safety training. On-site training is designed to fit your schedule and is a convenient way to increase health awareness. It can help reduce the risk of injuries and illnesses on the job, thereby saving lives. The First Aid/CPR/AED program offers comprehensive training options that provide the latest in emergency preparedness training by combining lecture, video, demonstration and hands-on practice. The core training assists you in meeting the OSHA guidelines for first aid programs and industry-specific needs.

Who is this for?

For corporations, community based organizations or social groups. Minimum class size is 6 and maximum class size is 10 per training. If you do not have enough for an On-site Training check out the schedule for Community Health and Safety classes found on our web site: www.desmoines-redcross.org

Where are classes held?

We offer private group training at your site or ours - whichever is most convenient for you.

When are classes held?

You schedule a class when you want! Classes are typically scheduled 4-8 weeks in advance so please plan accordingly.

What classes are available?

We can tailor the course to meet your needs. You can choose any combination of courses you need.

How can I schedule a course for my group?

For more information about on-site training or to choose a date and time for your training, please contact Cassandra Nelson via email at nelsonc@desmoines-redcross.org or call 515-471-8335.

On-site Training Course Descriptions and Pricing

Prices are per person

CPR Made Simple (1hr) \$25.00 NEW COURSE FOR 2010!

The NEW American Red Cross CPR Made Simple non-certified course provides individuals with a one-hour overview of the critical skills that may help them save the life of a family member, co-worker or friend. In this simplified training, lecture is kept to a minimum so that participants can focus on hands-on practice of CPR/AED Skills.

No Certificate Issued

Child Care Provider Course (8 hrs) \$70.00

This course includes Bloodborne Pathogens Training; Adult, Infant and Child CPR; and First Aid and meets the state regulations for child care providers. This course was designed to cover important issues and situations specific to child care providers

Certificates Issued and Validity Period: Bloodborne Pathogens - 1 year; Adult, Infant and Child CPR – 1 year; First Aid – 3 years

CPR - Adult (3 ½ hrs) \$45.00

In this course, participants will learn how to recognize an emergency and follow the emergency action steps: CHECK – CALL – CARE. This course prepares participants to recognize and respond to breathing and cardiac emergencies in adults and perform CPR.

Certificate Issued and Validity Period: Adult CPR certificate - 1 year.

CPR/AED - Adult (4 ½ hrs) \$55.00

In this course, participants will learn how to recognize an emergency and follow the emergency action steps: CHECK – CALL – CARE. This course prepares participants to recognize and respond to breathing and cardiac emergencies in adults; perform CPR and use an automated external defibrillator (AED) for adult victims of sudden cardiac arrest.

Certificate Issued and Validity Period: Adult CPR/AED certificate - 1 year

All Participants receive a Free Keychain Breathing Barrier included with training!

CPR – Adult, Child and Infant (5 hrs) \$60.00

In this course, participants will learn how to recognize an emergency and follow the emergency action steps: CHECK – CALL – CARE. This combination course prepares participants to recognize and care for breathing emergencies and cardiac emergencies of all ages; and perform CPR on an adult, child or infant. It also covers good safety practices for children and infants.

Certificate Issued and Validity Period: Adult/Child/Infant CPR certificate - 1 year

CPR – Adult, Child and Infant with AED (5.5 hrs) \$65.00

In this course, participants will learn how to recognize an emergency and follow the emergency action steps: CHECK – CALL – CARE. This combination course prepares participants to recognize and care for breathing emergencies and cardiac emergencies of all ages; and perform CPR on an adult, child or infant and use an automated external defibrillator (AED) for adult victims of sudden cardiac arrest. It also covers good safety practices for children and infants.

Certificate Issued and Validity Period: Adult/AED, Child/Infant CPR certificate - 1 year

All Participants receive a Free Keychain Breathing Barrier included with training!

Standard First Aid (3 ½ hrs) \$45.00

In this course participants will gain the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over. The participant will learn first aid skills, such as determining unconsciousness; treating cuts, scrapes, and burns; controlling bleeding; treating injuries to muscles, bones, and joints; and preventing and caring for sudden illness, including heat and cold-related emergencies. This course does not cover CPR.

Certificate Issued and Validity Period: Standard First Aid certificate – 3 years

All Participants receive a Free Personal Pack First Aid Kit included with training!

Standard First Aid with CPR – Adult (5 ½ hrs) \$60.00

In this course participants will learn how to recognize an emergency and care for victims with breathing and cardiac emergencies. Participants learn first aid skills, such as determining unconsciousness; treating cuts, scrapes, and burns; controlling bleeding; treating injuries to muscles, bones, and joints; and preventing and caring for sudden illness, including heat and cold-related emergencies.

Certificates Issued and Validity Period: Standard First Aid certificate – 3 years; Adult CPR – 1 year

Standard First Aid with CPR/AED – Adult (6 ½ hrs) \$70.00

In this course participants learn what to do in an emergency and how to recognize and care for victims with breathing and heart emergencies. This course teaches first aid skills, such as determining unconsciousness; treating cuts, scrapes, and burns; controlling bleeding; treating injuries to bones, muscles, and joints; and preventing and caring for sudden illness, including heat and cold-related emergencies. Participants also learn how to use an automated external defibrillator (AED) for adult victims of sudden cardiac arrest.

Certificate Issued and Validity Period: Standard First Aid certificate – 3 years; Adult CPR/AED – 1 year

Bloodborne Pathogens Training (1 hour)

\$20.00 as an independent component; \$15 as an add-on component

This course meets OSHA's revised Bloodborne Pathogens Standard. This course teaches participants how Bloodborne Pathogens are spread, how to prevent exposures and what to do if exposed to infectious materials.

Certificate Issued and Validity Period: Bloodborne Pathogens certificate - 1 year

CPR/AED for the Professional Rescuer (8 ½ hrs) \$80

In this course participants learn the principles of CPR for Adults, Infants and Children as well as two-rescuer CPR, use of a bag valve mask and a pocket mask breathing barrier. This class is appropriate for lifeguards, athletic trainers, medical professionals, public safety personnel and others with a duty to respond in an emergency. Note: American Heart Association refers to this as the Healthcare Provider course.

Certificate Issued and Validity Period: CPR/AED for Lifeguards - 1 year OR CPR/AED for the Health Care Provider – 2 years

All Participants receive a Free Pocket Mask Breathing Barrier included with training!

On-site Training for Youth

Babysitter's Training (6 hrs) \$60.00

This course provides youth, (recommended ages 11 to 15) with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help students develop skills in: leadership and professionalism; basic care; safety and safe play; and first aid. Participants learn to prevent, prepare for, and respond to babysitting emergencies. Infant and child handling skills practiced by each participant include: hand washing; feeding; diapering; holding; and clothing the infant. First Aid skills introduced and practiced include: care for bleeding; burns; shock; choking; and rescue breathing.

Certificate Issued and Validity Period: Babysitter's Training Certificate – valid indefinitely

All Participants receive a Free Babysitter's First Aid Drawstring Backpack included with training!

Review Classes

Participants MUST hold a current CPR certificate to participate in Review courses

The purpose of a review course is to provide participants with the opportunity to review the course content learned in prior CPR courses and practice skills while minimizing time in the classroom. To be eligible to participate in a review course, the participant must possess a current American Red Cross certificate (or equivalent) for the course being conducted. Loaner materials are used in all review courses, but participants have the opportunity to purchase supplies and materials at the time of training.

CPR – Adult Review	(2 ½ hrs)	\$35.00
CPR – Adult/AED Review	(3 hrs)	\$45.00
CPR – Adult, Child and Infant Review	(4 hrs)	\$45.00
CPR/AED – Adult, Child, Infant Review	(4 ½ hrs)	\$55.00
Standard First Aid with CPR – Adult Review	(3 ½ hrs)	\$45.00
Standard First Aid with CPR/AED – Adult Review	(4 ½ hrs)	\$55.00
Standard First Aid with CPR – Adult/Child/Infant Review	(6 hrs)	\$55.00
CPR/AED for the Professional Rescuer Review	(6 hrs)	\$60.00

New Online Learning Courses Now Available

Participants must have access to a computer and valid e-mail address.

American Red Cross online training is convenient for you and your employees. Our online training options minimize scheduling conflicts for you and reduce the amount of time each employee spends in the classroom. Employees take their first step of training on the computer with self-paced, individualized and interactive learning modules.

Following completion of all online lectures and testing, the second step is to attend an instructor led skills session, which can be held at your location. Classroom sessions ensure that your employees can perform the hands-on skills necessary to save a life in an emergency situation. Skills sessions range from 1 to 3 hours depending on number of components.

For more information or to schedule, please e-mail nelsonc@desmoines-redcross.org or call 515-471-8335.

Online Training Prices June 2010	
Course Name	Cost*
Adult CPR	\$45.00
Adult/Child CPR	\$55.00
Adult/Child/Infant CPR	\$60.00
Child/Infant CPR	\$55.00
Adult CPR & AED	\$55.00
Adult/Child CPR & AED	\$60.00
Adult/Child/Infant CPR & AED	\$65.00
First Aid	\$45.00
Adult CPR & First Aid	\$60.00
Adult/Child/Infant CPR & First Aid	\$70.00
Adult CPR, AED & First Aid	\$70.00
Adult/Child CPR, AED & First Aid	\$70.00
Adult/Child/Infant CPR, AED & First Aid	\$70.00
Universal Precautions (UP) **	\$20.00
Adult/Child/Infant CPR, First Aid & UP**	\$70.00
Adult/Child/Infant CPR, AED, First Aid & UP**	\$75.00
First Aid & UP**	\$55.00
First Aid & UP for Tattoo Artists and Body Piercers**	\$55.00
UP for Tattoo Artists and Body Piercers**	\$20.00
CPR for Professional Rescuers with AED (PRO/AED)	\$80.00
Oxygen Administration	\$25.00

*costs of courses are per person

** No skills session for BBP