

American Heart Association®



*Learn and Live*SM

CPR/ First Aid Certification

Troop 212

Offered by

Deena Smith- Certified American Heart Instructor, Allied Health Instructor LACOEROP

The CPR First Aid Course is through the American Heart Association and is a 2-year certification. The course typically lasts six hours.

The course will be held at Bethany Church (2250 Clark Ave. Long Beach)

On February 19th 2011 at 8:30 am

COST

Students: \$25

This includes CPR training for Infant Adult and Child, Abdominal Thrusts for choking, First Aid including Environmental Emergencies, Medical Emergencies, Bleeding, Sprains and Broken Bones. Plus, A Two Year Certification wallet Card and a Quick Reference Guide for each Boy Scout.

NO REFUNDS WILL BE GIVEN

Detach the form below and return to Troop Leader by February 8th

For Questions Call: 562 972-0369 ask for Deena

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Name: _____

Street: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email _____

Enclosed is my :

Check (made payable to Deena Smith) in the amount of \$ _____

Cash in the amount of \$ _____

Heartsaver First Aid Course Agenda

Due to the size of the class the course may be delivered in two groups:

Group A

Introduction 9:00-9:20
First Aid Basics 9:25- 9:55
Adult/Child Choking 10:00- 10:20
Medical Emergencies 10:25- 11:00
Break 11:00-11:15
Injury Emergencies 11:15-12:15
Environmental Emergencies 12:15-12:45
Lunch ends at 1:30
Adult/Child CPR 1:35-2:45
Adult/Child Mask 2:45-2:55
Break 2:55-3:10
Course Evaluations 3:15-4:00

Group B

Introduction 9:00-9:20
Adult/Child CPR = 9:25-10:45
Adult/Child Mask 10:45- 11:00
Break 11:00- 11:15
Injury Emergencies 11:15-12:15
Environmental Emergencies 12:15-12:45
Lunch ends at 1:30
First Aid Basics 1:35- 1:55
Adult/Child Choking 2:00- 2:20
Medical Emergencies 2:25- 3:00
Break 3:00
Course Evaluations 3:15-4:00

Wear Comfortable clothing

Much of the course is spent working on the simulators which are typically on the floor.

Bottled waters for hydration highly suggested.