



FIRST AID & CPR TRAINING

First Aid Class:

KNOWLEDGE

At the end of the course, participant will be able to:

1. Describe the links in the AHA Chain of Survival
2. Describe the steps of CPR
3. Describe the safe and accurate use of an AED
4. Describe the signs of 4 major cardiovascular emergencies in adults
5. Describe the assessment of an ill or injured victim
6. Describe the methods to control bleeding and how to care for and bandage wounds
7. Discuss methods to immobilize muscle, bone, or joint injuries

Meets OSHA and Coast Guard Requirements for First Aid and CPR.

(Does not meet Healthcare Provider requirements.)

HEARTSAVER First Aid/CPR with AED

(Automatic External Defibrillator)

SKILLS

At the end of the course, participant will be able to demonstrate these skills using an adult or child manikin and a phone.

Participants who successfully complete this class will receive a credential for both of these CPR categories and First Aid.



**TRAINING DATES
ONCE EACH MONTH ON
SATURDAYS**

at UAS Sitka Campus

Fee: \$94

(includes mandatory book)

**For more information
or to register, call
UAS Sitka Campus
747-7762 or 747-6653**