



# 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

### SATURDAYS

**September 19, 2009**

**October 17, 2009**

**November 21, 2009**

**December 19, 2009**

**at UAS Sitka Campus**

**Fee: \$94** (includes mandatory book)

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



## Registration

Minimum enrollment of 8 students required for each class. Maximum 10.

UAS reserves the right to cancel any class when minimum enrollments are not met.

### First Aid & CPR Training

Dates: Saturdays, once a month

Time: 8am-5pm

Place: UAS Sitka Campus

Fee: \$94 (includes mandatory book)

UAS must have all of the following information to register course participants.

Name: \_\_\_\_\_

Business: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

SS# or UA-ID: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Alaska Resident? \_\_\_\_ Yes \_\_\_\_ No

Ethnic Origin: (optional) \_\_\_\_\_

Check enclosed in the amount of \$ \_\_\_\_\_ made payable to UAS.

Bill to VISA / Mastercard (circle one)

# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature: \_\_\_\_\_

Please call to confirm that we received your registration.

Phone: 747-7762 or Fax: 747-7743

1-800-478-6653, ext. 7762

1332 Seward Avenue • Sitka, AK 99835

**UAS** UNIVERSITY OF ALASKA  
SOUTHEAST

*learn • engage • change*

UAS is an AA/EO employer and educational institution

## Oops!

We may cancel it because we didn't know you planned to take it!

Sometimes excellent courses with super instructors are canceled when too many people wait until the last minute to register. Our courses have to be cost-recoverable and we need a minimum of students enrolled before a class will run. To avoid any inconvenience to students and instructors, we cancel under-subscribed courses ahead of time.

**Don't wait. Avoid disappointment.  
Register early and include your payment.**

**This course meets both OSHA and Coast Guard standards for First Aid and CPR.**

**Students successfully completing the class will receive American Heart Association certification cards.**

To obtain a refund when dropping a class, a student must cancel at least 7 days before the class begins.

We will sometimes make an exception to this policy if the student cancels in time to be replaced by another student.

All exceptions to this policy are by permission of the Community Education and Professional Development Coordinator only.

In accordance with the Americans with Disabilities Act, this material is available in alternate formats upon request.

PRESENTED IN COOPERATION

WITH THE

UNIVERSITY OF ALASKA SOUTHEAST • SITKA CAMPUS  
COMMUNITY EDUCATION AND PROFESSIONAL DEVELOPMENT  
[www.uas.alaska.edu/sitka/coed](http://www.uas.alaska.edu/sitka/coed)

AMERICAN



HEART ASSN.

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