



Adult First Aid

By David Low



Introduction

Wherever people go, people do sustain injuries. We as leaders need to be prepared to treat them.



Overview

This class will cover some of the common injuries and illnesses that we as adult leader may come across. The class is not intended to certify you in First Aid. You will at least be familiar with some First Aid and are encouraged to take a class to become certified.



Agenda

- Bleeding
- Shock
- Burns
- Strains
- Sprains
- Fractures
- Hypothermia
- Dehydration
- Heart Attacks
- First Aid Kit



Common Injuries and Illnesses

- **Bleeding**
 - Internal
 - Caused by blunt and penetrating trauma
 - Falls
 - Sign of internal bleeding
 - Contusion (Bruising)
 - Pain
 - Tenderness
 - Swelling
 - Bleeding from the ears or nose
 - External
 - Lacerations (Cuts)
 - Abrasions (Scrapes)
 - Evulsions (Nose or Ear that has been ripped off)



Common Injuries and Illnesses

- **Bleeding - Treatment**
 - Internal
 - Summons advance medical personnel (call 911)
 - Comfort the patient until help arrives.
 - For nose bleeds, sit the patient up and pinch the fleshy part of the nose.
 - External
 - With a clean dressing, apply direct pressure to the wound.
 - Use the pressure points



Common Injuries and Illnesses

- Shock
 - Cardiogenic shock (Poor pump function)
 - Hypovolemic shock (Loss of blood or fluid volume)
 - Neurogenic shock (Blood vessels dilate)



Common Injuries and Illnesses

- Shock - Treatment
 - Summons advance medical personnel (call 911)
 - Lay the patient on their back
 - Elevate the feet about 8 inches
 - Keep patient warm

 - For head injuries, elevate the head instead of the feet.

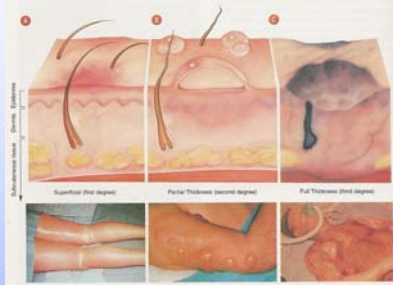


Common Injuries and Illnesses

- Burns
 - Minor Burns (1st Degree)
 - Superficial
 - Reddish skin
 - Moderate Burns (2nd Degree)
 - Partial Thickness
 - Blistered skin
 - Critical Burns (3rd Degree)
 - Full Thickness
 - Dry, leathery, and often white or charred skin



Common Injuries and Illnesses





Common Injuries and Illnesses

• Burns - Treatment

- Minor Burns (1st Degree)
 - Remove patient for the heat source
 - Cool the burned area
- Moderate Burns (2nd Degree)
 - Same as a minor burn
 - Let the affected are air dry, cover it with a loose bandage.
- Critical Burns (3rd Degree)
 - Remove patient for the heat source
 - Protect the burn by draping it with a clean, damp cloth. (Do not remove pieces of charred cloth in the wound.)
 - Obtain medical attention as quickly as possible



Common Injuries and Illnesses

- Strains (Pulled muscle)
 - Tearing of muscle fibers
 - Pain
 - Swelling
 - Bruising
- Treatment
 - Prevent swelling by applying ice to affected area
 - Rest the muscle



Common Injuries and Illnesses

- **Sprains**
 - Temporary dislocation of the joint
 - Tearing of supporting ligaments
 - Pain
 - Swelling
 - Bruising
- **Treatment**
 - Prevent swelling by applying ice to affected joint
 - Elevate the area above the heart
 - Apply compression or ace bandages



Common Injuries and Illnesses

- **Fractures**
 - **Closed fracture**
 - Complete fracture
 - Incomplete fracture
 - Nondisplaced fracture
 - Displaced fracture
 - Pain
 - Swelling
 - Bruising
 - Deformity
 - **Open Fracture**
 - Complete fracture
 - Displaced fracture
 - Pain
 - Swelling
 - Deformity
 - Bleeding



Common Injuries and Illnesses

- **Fractures - Treatment**
 - **Closed fracture**
 - Splint affected area
 - Obtain medical attention as quickly as possible
 - **Open Fracture**
 - Control bleeding
 - Cover the open wound with a dressing
 - Splint affected area
 - Obtain medical attention as quickly as possible



Common Injuries and Illnesses

• Hypothermia

Normal body temperature of 98.6 degrees F must be maintained within a fairly narrow range for chemical reactions in the body to work efficiently. The body self-regulates to maintain normal body temperature in normal hot and cold temperatures. Hypothermia is when the body can not maintain its body core temperature.

Treatment:

To treat a victim who is becoming hypothermic, dry off, add dry layers and give hot fluids to drink. In severe and extreme weather conditions, the best external heat source is fire in an area sheltered from the wind, or get patient into a sleeping bag with one or two others and add bottles of hot water.



Common Injuries and Illnesses

Decline In Body functions with Diminishing Core Temperature

Temperature Range in Degrees F	Body State
99 - 96	Shivering begins and increases in intensity. Coordination becomes difficult.
95 - 91	Shivering becomes violent. Difficulty in speaking. Thinking process weakened.
90 - 86	Muscles become rigid, shivering decreases. Mental state continues to decline.
85 - 81	Irrationality sets in. Mental state deteriorates to a stupor.
Around 80	unconsciousness, lack of reflexes, erratic heartbeat.
Below 80	Death



Common Injuries and Illnesses

• Dehydration

Most of the population is dehydrated most of the time. If your urine is yellow, you are partially dehydrated. Under normal conditions, you should be drinking about two liters of water per day; at higher altitude and as activity increases, water intake also needs to increase.



Common Injuries and Illnesses

Route of Water Loss	Normal Temperature	Hot Weather	Prolonged Heavy Exercise
Skin	350 mL	350 mL	350 mL
Respiratory Tract	350 mL	250 mL	650 mL
Urine	1400 mL	1200 mL	500 mL
Sweat	100 mL	1400 mL	5000 mL
Feces	100 mL	100 mL	100 mL
Total (Daily)	2300 mL	3300 mL	6600 mL



Common Injuries and Illnesses

• Heart Attack

- Pain
- Cold, clammy, pale skin
- Respiratory distress
- Profuse sweating
- Patient wants to sit up



Common Injuries and Illnesses

• Heart Attack - Treatment

- Summons advance medical personnel (call 911)
- Have the patient in a comfortable position (Most likely in a sitting up position)
- If patient goes unconscious, prepare to perform CPR and the use of an AED



First Aid Kit

- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield.



Summary

- Some knowledge of common injuries and illnesses.
- What is needed in a First Aid Kit.
- Important to be trained First Aid and CPR.

The Scout Motto "Be Prepared"



Where to get more information?

- University of Scouting CD
- American Red Cross
 Santa Clara Valley Chapter
 2731 North First Street, San Jose, California 95134
 (408) 577-1000, www.scv-redcross.org
- American Heart Assoc.
 Santa Clara Valley Chapter
 One Almanden Blvd., San Jose, California 95113
 (408) 977-49500, www.americanheart.org

American Red Cross (First Aid, CPR)
Santa Clara Valley Chapter
2731 North First Street
San Jose, California 95134
(408) 577-1000
www.scv-redcross.org
Online Store: www.redcrossstore.org

American Heart Assoc. (Heartsaver First Aid, Heartsaver CPR, Family & Friends CPR)
HeartShare Training Services Inc.
1101 S Winchester Blvd Ste K230
San Jose, CA 95128
(408) 246-0311
www.americanheart.org

American Heart Assoc. (Heartsaver CPR, Family & Friends CPR)
Santa Clara County Fire Department
14700 Winchester Blvd
Los Gatos, CA 95032
408-378-4010
www.americanheart.org

American Heart Assoc. (Family & Friends CPR only)
Nurse Education Workshop, Inc.
1777 Hamilton Ave Ste 204C
San Jose, CA 95125
(408) 269-3715
www.americanheart.org

American Heart Assoc. (Family & Friends First Aid for Children only)
Lucile Packard Children's Hospital
1400 Page Mill Rd
Palo Alto, CA 94304
www.americanheart.org

First Aid/CPR Class List

Please click on the course title to view a full description of the class and its prerequisites.

Course Title	Course Code	Fee	Length	Certification
Standard First Aid with AED + CPR Skills	HSSFA404	\$70	7 Hours	3 yr FA - 1yr CPR
CPR/AED Adult	HSSFA107	\$60	5 Hours	1 yr
CPR/AED Adult and Child plus Infant	HSSFA303	\$65	7 Hours	1 yr
CPR/AED Child and Infant	HSSFA207	\$55	7 Hours	1 yr
Standard First Aid with CPR/AED Adult and Child plus Infant	HSSFA415	\$80	4 Hours	3 yr FA - 1yr CPR
Primeros Auxilios y seguridad para la familia	HSSFA415S	\$80	9 Hours	3 yr FA - 1yr CPR
Primeros Auxilios con DEA + RCP	HSSFA404S	\$70	7 Hours	3 yr FA - 1yr CPR
Standard First Aid	HSSFA101	\$45	4 Hours	3 yr
Bloodborne Pathogens Training	32650	\$40	2 Hours	1 yr
Pet First Aid	9890	\$45	4 Hours	No Expiration
Wilderness First Aid	3229	\$80	16 Hours	3 yr
California Child Care Preventive Health & Safety Training	CGCA102	\$70	7 Hours	No Expiration
California Child Care CPR and CA First Aid	CGCA101	\$80	8 Hours	2 yr FA - 1 yr CPR
Babysitter Training	31400	\$60	6 Hours	No Expiration
CPR/AED Adult and Child AED plus Infant Challenge	HSSFA303C	\$55	4 Hours	1 yr
CPR/AED for the Professional Rescuer	HSPRO101	\$85	8 Hours	1 yr
CPR/AED for the Professional Rescuer Challenge	HSPRO101C	\$55	4 Hours	1 yr
CPR/AED for the Professional Rescuer plus airway management, oxygen administration, bloodborne pathogen	HSPRO101 HSPRO102 32650	\$120	12 Hours	1 yr
First Aid for the Public Safety Personnel (Title 22)	93150	\$155	16 Hours	3 yr
Emergency Response Training	32601	\$230	53 Hours	3 yr FA - 1yr CPR
Emergency Response Training Challenge	32601C	\$55	9.5 Hours	3 yr
Fundamentals of Instructor Training	3010	\$30	4 Hours	1 yr unless completed instructor course
Lay Responder First Aid and CRP/AED Instructor	HSSFA801	\$130	16 Hours	Expiration date for course completed January-September is the second December 31 following the course completion date. For Course completed October-December, use the year of the third December 31 following the course completion date.
Emergency Response Instructor	3260I	\$220	24 Hours	
CPR/AED for the Professional Rescuer Instructor	HSPRO801	\$130	16 Hours	



**American
Red Cross**
Santa Clara Valley Chapter

Training Schedule 2008

January - June



Trained. Empowered. Prepared.

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General Training Information

Preparing for the Course

Please verify the dates, days, and times of your training. Arrive for the course on time. Give yourself plenty of time to find the training location and a convenient parking spot. Students arriving after the start of the course will be turned away and will have to reschedule their training.

If your course is split into more than one session, you must attend all course sessions to receive course certificates.

Wear comfortable clothing (pants, tennis shoes are best) for all CPR and first aid courses. Bring a lunch or snack for a course over three hours long. Coffee and soft drinks are available from vending machines.

Disabilities

All of our course locations are wheelchair accessible. If you have other special needs (i.e., a close-captioned video monitor), please call our office to make these arrangements ahead of time.

Training in first aid and CPR requires physical activity. If you have a medical condition preventing you from taking part in the practice sessions, tell your instructor.

Refunds

Enrollees are allowed a one-time opportunity to reschedule (within one month) providing our office is notified three working days prior to the first day of the course. If you do not reschedule or do not attend the class, you will forfeit the entire course fee.

Health Precautions

According to the Centers for Disease Control (CDC), there are NO reported cases of infectious disease transmission from use of CPR manikins.

The Red Cross follows widely accepted guidelines for cleaning and decontamination of training manikins. When basic personal hygiene (frequent hand washing) is practiced, risk of disease transmission during CPR training is low.

To minimize risks of disease transmission, follow basic health precautions while participating in training. Take precautions if you have a condition that would increase your risk or other participant's risk of exposure to infections.

Request a separate manikin if you:

- Have an acute condition, like a cold or sore throat, cuts or sores on your hands or around your mouth.
- Had a positive blood test for hepatitis B or C.
- Have a chronic infection indicated by long-term positive blood tests for hepatitis B or C.
- Have had a positive blood test for antibodies to HIV, the virus that causes many severe infections including AIDS.
- Have a type of condition that makes you unusually likely to get an infection.

If you need your own manikin, call ahead to (408) 577-2178. You can also ask for one from your instructor. You will not be asked the reason for your request. Your manikin will not be used by anyone until it has been cleaned and decontaminated according to recommended guidelines.



Training Location
American Red Cross
Santa Clara Valley Chapter
2731 North First Street
San Jose, CA
95134
Main Switchboard:
408-577-1000
8:30 AM - 5:00 PM

Corporate and Group Training



American Red Cross Health and Safety training is the complete emergency preparedness solution that's smart for your employees and your bottom line. In fact, studies show a \$4 to \$6 return for every dollar invested in health and safety training, with improvements in costs associated with absenteeism, workers' compensation claims and productivity.

When training comes from the American Red Cross, you know you're getting the best available. Our classes offer the following features:

American Red Cross Quality

There's no substitute. American Red Cross safety training is based on the latest scientific findings, meets OSHA First Aid Guidelines, and is delivered by certified instructors. Instruction combines video, lectures, demonstrations, discussions and hands-on training. Participant materials are easy to read, and feature visuals to support instruction. Your employees will leave their training with handy reference materials they can consult to keep their health, safety and preparedness skills honed and sharp.

Customized Service

Our skilled instructors deliver the course at your location on your schedule. This dedicated focus and convenience ensures that your employees' valuable time is optimized. We handle all the logistics, so your employees can focus exclusively on acquiring the skills that will make their workplace, homes, neighborhoods and schools safer, healthier and better prepared.

Flexible Programs

Build the training program that's just right for your company. Start with Standard First Aid and CPR/Automated External Defibrillation (AED) training. Add optional modules to address your company's specific needs and situation.

Experienced Instructors

All American Red Cross courses are taught by highly trained instructors, subject matter experts who are adept in adult learning techniques.

National Account Network

Standardized program means consistency. All American Red Cross programs are standardized across the country, so you can be sure your employees in San Jose received exactly the same training as your employees in other locations, and we never outsource our trainings to another company.

Skills That Make a Difference

The American Red Cross training programs provide your employees with skills to respond competently, confidently and promptly to emergencies at the workplace and in the home.

For more information, please contact our Corporate Education Manager, Bryan Clark at ClarkBryan@usa.redcross.org or (408) 577-2174.

Standard First Aid, CPR & Automated External Defibrillator (AED) Courses

Standard First Aid with CPR/AED Adult (HSSFA404)

Fee: \$70.00

This class meets many companies' OSHA requirements. This comprehensive course trains individuals to prevent, prepare for and respond to any type of emergency. Participants will learn and practice Adult CPR, rescue breathing, choking rescue and the following first aid skills: bleeding control and treatment of burns, fractures, seizures, poisoning, and heat and cold-related emergencies. Students will receive training on Automated External Defibrillators (AED). **Certificates: Adult CPR (valid 1 year) and Standard First Aid (valid 3 years)**



Daytime Classes

DATE	CODE	DAY	TIMES
Jan 4	1291905	Fr	9:00AM-4:30PM
Jan 11	1291897	Fr	9:00AM-4:30PM
Jan 18	1291908	Fr	9:00AM-4:30PM
Jan 22	1291909	Tu	9:00AM-4:30PM
Jan 25	1291911	Fr	9:00AM-4:30PM
Jan 30	1291913	We	9:00AM-4:30PM
Feb 1	1291915	Fr	9:00AM-4:30PM
Feb 8	1291918	Fr	9:00AM-4:30PM
Feb 12	1291919	Tu	9:00AM-4:30PM
Feb 15	1291921	Fr	9:00AM-4:30PM
Feb 22	1291922	Fr	9:00AM-4:30PM
Feb 29	1291924	Fr	9:00AM-4:30PM
Mar 4	1293248	Tu	9:00AM-4:30PM
Mar 7	1293275	Fr	9:00AM-4:30PM
Mar 9	1293292	Fr	9:00AM-4:30PM
Mar 14	1293307	Fr	9:00AM-4:30PM
Mar 21	1293317	Fr	9:00AM-4:30PM
Mar 25	1293337	Tu	9:00AM-4:30PM
Mar 28	1293478	Fr	9:00AM-4:30PM
Apr 4	1293491	Fr	9:00AM-4:30PM
Apr 8	1293528	Tu	9:00AM-4:30PM
Apr 11	1293545	Fr	9:00AM-4:30PM
Apr 18	1293562	Fr	9:00AM-4:30PM
Apr 22	1293606	Tu	9:00AM-4:30PM
Apr 25	1293979	Fr	9:00AM-4:30PM
Apr 30	1293985	We	9:00AM-4:30PM
May 2	1293994	Fr	9:00AM-4:30PM
May 6	1294000	Tu	9:00AM-4:30PM
May 9	1294005	Fr	9:00AM-4:30PM
May 16	1294011	Fr	9:00AM-4:30PM
May 20	1294032	Tu	9:00AM-4:30PM
May 23	1294038	Fr	9:00AM-4:30PM
May 30	1369192	Fr	9:00AM-4:30PM
Jun 6	1294098	Fr	9:00AM-4:30PM
Jun 10	1294100	Tu	9:00AM-4:30PM
Jun 13	1294102	Fr	9:00AM-4:30PM
Jun 20	1294105	Fr	9:00AM-4:30PM
Jun 24	1294121	Tu	9:00AM-4:30PM
Jun 27	1294123	Fr	9:00AM-4:30PM

Evening and Weekend Classes

DATE	CODE	DAY	TIMES
Jan 5	1294127	Sa	9:00AM-4:30PM
Jan 8, 10	1294133	Tu, Th	6:00PM-10:00PM
Jan 15, 17	1294137	Tu, Th	6:00PM-10:00PM
Jan 19	1294139	Sa	9:00AM-4:30PM
Jan 26	1294170	Sa	9:00AM-4:30PM
Jan 28, 30	1294172	Mo, We	6:00PM-10:00PM
Feb 2	1294175	Sa	9:00AM-4:30PM
Feb 4, 6	1294178	Mo, We	6:00PM-10:00PM
Feb 9	1294184	Sa	9:00AM-4:30PM
Feb 16	1295797	Sa	9:00AM-4:30PM
Feb 19, 21	1295922	Tu, Th	6:00PM-10:00PM
Feb 25, 27	1295953	Mo, We	6:00PM-10:00PM
Mar 1	1325166	Sa	9:00AM-4:30PM
Mar 4, 6	1325220	Tu, Th	6:00PM-10:00PM
Mar 8	1325236	Sa	9:00AM-4:30PM
Mar 15	1325318	Sa	9:00AM-4:30PM
Mar 22	1325335	Sa	9:00AM-4:30PM
Mar 24, 26	1325348	Mo, We	6:00PM-10:00PM
Mar 29	1325377	Sa	9:00AM-4:30PM
Apr 1, 3	1325386	Tu, Th	6:00PM-10:00PM
Apr 5	1325402	Sa	9:00AM-4:30PM
Apr 7, 9	1325495	Mo, We	6:00PM-10:00PM
Apr 19	1325503	Sa	9:00AM-4:30PM
Apr 26	1325533	Sa	9:00AM-4:30PM
Apr 28, 30	1325541	Mo, We	6:00PM-10:00PM
May 3	1325555	Sa	9:00AM-4:30PM
May 6, 8	1325575	Tu, Th	6:00PM-10:00PM
May 10	1325588	Sa	9:00AM-4:30PM
May 12, 14	1325598	Mo, We	6:00PM-10:00PM
May 13, 15	1325631	Tu, Th	6:00PM-10:00PM
May 17	1325644	Sa	9:00AM-4:30PM
May 19, 21	1325651	Mo, We	6:00PM-10:00PM
May 27, 29	1325658	Tu, Th	6:00PM-10:00PM
May 31	1369219	Sa	9:00AM-4:30PM
Jun 3, 5	1325673	Tu, Th	6:00PM-10:00PM
Jun 7	1325682	Sa	9:00AM-4:30PM
Jun 14	1325688	Sa	9:00AM-4:30PM
Jun 21	1325698	Sa	9:00AM-4:30PM
Jun 23, 25	1325725	Mo, We	6:00PM-10:00PM

BLENDED LEARNING- Standard First Aid with CPR/AED Adult (HSBLD403) Fee: \$75.00

Blended Learning courses incorporate distance learning with hands-on skills practice. Each Blended Learning class includes a web-based information segment and a classroom-based skills segment. Schedule times below refer only to the skills-based segment of the class. All skills segments will be held at the Santa Clara Valley Chapter.

In order to be eligible for the skills segment of the class, students must successfully complete all sections of the web-based segment including the final exam prior to participating in the skills segment of the class. Students must bring a copy of their completion certificate from the web-based segment to the skills session. Students that fail to bring a copy of their completion certificate will not be allowed to participate and the skills segment and will not receive certificates. Attendance at the skills session is mandatory in order to receive certificates.

In order to access the online portion your computer will need to meet the following minimum specifications: Operating System - Windows 2000, Windows XP or Mac OS X (10.2); Internet Explorer 5.5 SP2 or higher or Netscape 6.2 or higher (AOL browser not supported); Flash 5.0 or higher content player; Adobe Acrobat Reader 5.0 or higher. All online content can be accessed at: <https://learningctr.redcross.org>. You will need your student ID and password to log in. You may contact User Support if you have forgotten your student ID or password by calling 1-888-778-7762.

Notice to students: If multiple user accounts are enrolled in a class due to lost student ID or password, you will be charged for each separate account that is enrolled in a class. In order to avoid multiple charges, please contact User Support if you experience login issues.

DATE	CODE	DAY	TIMES
Jan 7	1353580	Online Start Date	
Jan 25		Skill Session	2:00PM-4:30PM
Feb 4	1353634	Online Start Date	
Feb 22		Skill Session	2:00PM -4:30PM
Mar 10	1353648	Online Start Date	
Mar 28		Skill Session	2:00PM -4:30PM
Apr 7	1353656	Online Start Date	
Apr 25		Skill Session	2:00PM -4:30PM
May 5	1353668	Online Start Date	
May 23		Skill Session	2:00PM -4:30PM
Jun 9	1353677	Online Start Date	
Jun 27		Skill Session	2:00PM-4:30PM



ESPAÑOL - Standard First Aid with CPR/AED Adult (HSSFA611) Fee: \$70.00

Este curso ha sido diseñado para igualar o superar los reglamentos de la Administración de Seguridad y Higiene Laborales (OSHA). Este curso está diseñado para entrenar a las personas para que superen el miedo a actuar en situaciones de emergencia. Los participantes aprenderán y practicarán Reanimación Cardiopulmonar (RCP), respiración artificial, ayuda en caso de ahogamiento, y las siguientes habilidades: controlar el sangrado, tratamiento de quemaduras, fracturas, torceduras, ataques, envenenamiento, heridas causado por calor o frío, prevención de enfermedades y estabilización del cuerpo. Los estudiantes aprenderán uso del Desfibrilador Externo Automatizado (DEA) **Certificado: RCP para la comunidad (válido por 1 año) y Primeros auxilios estandar (válido por 3 años)**

DATE	CODE	DAY	TIMES
Jan 7, 9	1326038	Mo, We	6:00PM-10:00PM
Feb 5, 7	1326051	Tu, Th	6:00PM-10:00PM
Mar 10, 12	1326073	Mo, We	6:00PM-10:00PM
Apr 14, 16	1326079	Mo, We	6:00PM-10:00PM
May 5, 7	1326083	Mo, We	6:00PM-10:00PM
Jun 17, 19	1326096	Tu, Th	6:00PM-10:00PM

CPR/AED Child and Infant (HSSFA207)

Fee: \$55.00

Recommended for parents and caregivers of infants and small children. Participants will learn and practice Infant and Child CPR, rescue breathing, choking rescue, and use of the EMS system. Note this does not meet the requirement for California Child Care Licensing. **Certificates: Child and Infant CPR (valid 1 year)**

DATE	CODE	DAY	TIMES
Jan 8, 10	1338195	Tu, Th	10:00AM-2:30PM
Jan 19	1338212	Sa	9:00AM-1:30PM
Jan 21, 23	1338218	Mo, We	6:00PM-10:00PM
Jan 29, 31	1338224	Tu, Th	10:00AM-2:30PM
Feb 19, 21	1338235	Tu, Th	6:00PM-10:00PM
Feb 26, 28	1338237	Tu, Th	10:00AM-2:30PM
Mar 3, 5	1338238	Mo, We	10:00AM-2:30PM
Mar 18, 20	1338240	Tu, Th	6:00PM-10:00PM
Apr 1, 3	1338242	Tu, Th	6:00PM-10:00PM
Apr 22, 24	1338244	Tu, Th	6:00PM-10:00PM
Apr 28, 30	1338245	Mo, We	6:00PM-10:00PM
May 19, 21	1338246	Mo, We	6:00PM-10:00PM
Jun 24, 26	1338247	Tu, Th	6:00PM-10:00PM

CPR/AED Adult (HSSFA107)

Fee: \$60.00

Participants will learn and practice adult CPR, rescue breathing, choking rescue, use of the Emergency Medical Services (EMS) system, and how to prevent heart disease. Students will also receive training in the use of Automated External Defibrillators (AED). **Certificates: Adult CPR (valid 1 year)**

Daytime Classes

DATE	CODE	DAY	TIMES
Jan 2	1326114	We	9:00AM-1:30PM
Jan 7	1326117	Mo	10:00AM-3:00PM
Jan 17	1326119	Th	9:00AM-1:30PM
Jan 21	1326132	Mo	10:00AM-3:00PM
Jan 22	1326139	Tu	1:00PM-5:30PM
Jan 31	1326152	Th	9:00AM-1:30PM
Feb 13	1326155	We	9:00AM-1:30PM
Feb 15	1326172	Fr	9:00AM-1:30PM
Feb 25	1326174	Mo	1:00PM-5:30PM
Mar 12	1326177	We	9:00AM-1:30PM
Mar 17	1326180	Mo	1:00PM-5:30PM
Mar 19	1326191	We	9:00AM-1:30PM
Mar 20	1326192	Th	9:00AM-1:30PM
Mar 24	1326193	Mo	10:00AM-3:00PM
Mar 26	1326197	We	9:00AM-1:30PM
Apr 2	1326294	We	9:00AM-1:30PM
Apr 14	1326296	Mo	10:00AM-3:00PM
Apr 16	1326313	We	9:00AM-1:30PM
Apr 28	1326316	Mo	1:00PM-5:30PM
May 12	1326318	Mo	10:00AM-3:00PM
May 21	1326320	We	9:00AM-1:30PM
May 27	1326331	Tu	10:00AM-3:00PM
Jun 2	1326333	Mo	1:00PM-5:30PM

Jun 4	1326334	We	9:00AM-1:30PM
Jun 17	1326351	Tu	9:00AM-1:30PM
Jun 23	1326352	Mo	10:00AM-3:00PM
Jun 30	1326354	Mo	1:00PM-5:30PM

Evening and Weekend Classes

DATE	CODE	DAY	TIMES
Jan 3	1331495	Th	6:00PM-10:30PM
Jan 16	1331506	We	6:00PM-10:30PM
Jan 29	1331514	Tu	6:00PM-10:30PM
Feb 14	1331536	Th	6:00PM-10:30PM
Feb 26	1331542	Tu	6:00PM-10:30PM
Mar 3	1331548	Mo	6:00PM-10:30PM
Mar 19	1331797	We	6:00PM-10:30PM
Mar 25	1331811	Tu	6:00PM-10:30PM
Apr 2	1331881	We	6:00PM-10:30PM
Apr 7	1331886	Mo	6:00PM-10:30PM
Apr 21	1331893	Mo	6:00PM-10:30PM
Apr 29	1331906	Tu	6:00PM-10:30PM
May 6	1331915	Tu	6:00PM-10:30PM
May 14	1331966	We	6:00PM-10:30PM
May 29	1331979	Th	6:00PM-10:30PM
Jun 4	1331990	We	6:00PM-10:30PM
Jun 16	1331995	Mo	6:00PM-10:30PM
Jun 23	1332003	Mo	6:00PM-10:30PM

CPR/AED Adult, Child, plus Infant (HSSFA303)

Fee: \$65.00

Participants will learn cardiopulmonary resuscitation (CPR) for Adults, Infants, and Children, as well as rescue breathing, choking rescue, and use of the EMS system. Students will also receive training in the use of Automated External Defibrillators (AED). **Certificates: Adult, Child, and Infant CPR (valid 1 year)**

Daytime Classes

DATE	CODE	DAY	TIMES
Jan 16	1332019	We	9:00AM-4:30PM
Jan 29	1332225	Tu	9:00AM-4:30PM
Feb 5	1332233	Tu	9:00AM-4:30PM
Feb 11	1332238	Mo	9:00AM-4:30PM
Feb 21	1332244	Th	9:00AM-4:30PM
Feb 27	1332246	We	9:00AM-4:30PM
Mar 11	1332250	Tu	9:00AM-4:30PM
Mar 18	1332255	Tu	9:00AM-4:30PM
Mar 27	1332259	Th	9:00AM-4:30PM
Apr 3	1332267	Th	9:00AM-4:30PM
Apr 15	1332273	Tu	9:00AM-4:30PM
Apr 24	1332276	Th	9:00AM-4:30PM
Apr 29	1332281	Tu	9:00AM-4:30PM
May 13	1332285	Tu	9:00AM-4:30PM
Jun 5	1332299	Th	9:00AM-4:30PM
Jun 12	1332304	Th	9:00AM-4:30PM
Jun 26	1332310	Th	9:00AM-4:30PM

Evening and Weekend Classes

DATE	CODE	DAY	TIMES
Jan 5	1332318	Sa	9:00AM-4:30PM
Jan 7, 9	1332338	Mo, We	6:00PM-10:00PM
Jan 12	1332343	Sa	9:00AM-4:30PM
Jan 21, 23	1332365	Mo, We	6:00PM-10:00PM
Jan 29, 31	1332373	Tu, Th	6:00PM-10:00PM
Feb 2	1332378	Sa	9:00AM-4:30PM
Feb 5, 7	1332382	Tu, Th	6:00PM-10:00PM
Feb 12, 14	1332383	Tu, Th	6:00PM-10:00PM
Feb 16	1332390	Sa	9:00AM-4:30PM
Feb 23	1332394	Sa	9:00AM-4:30PM
Feb 26, 28	1332396	Tu, Th	6:00PM-10:00PM
Mar 8	1332400	Sa	9:00AM-4:30PM
Mar 11, 13	1332402	Tu, Th	6:00PM-10:00PM
Mar 15	1332406	Sa	9:00AM-4:30PM
Mar 22	1332485	Sa	9:00AM-4:30PM
Mar 25, 27	1338033	Tu, Th	6:00PM-10:00PM
Apr 5	1338051	Sa	9:00AM-4:30PM
Apr 12	1338053	Sa	9:00AM-4:30PM
May 3	1338059	Sa	9:00AM-4:30PM
May 5, 7	1338064	Mo, We	6:00PM-10:00PM
May 10	1338070	Sa	9:00AM-4:30PM
May 13, 15	1338079	Tu, Th	6:00PM-10:00PM
May 20, 22	1338085	Tu, Th	6:00PM-10:00PM
May 31	1369416	Sa	9:00AM-4:30PM
Jun 7	1338089	Sa	9:00AM-4:30PM
Jun 10, 12	1338093	Tu, Th	6:00PM-10:00PM
Jun 21	1338101	Sa	9:00AM-4:30PM
Jun 24, 26	1338106	Tu, Th	6:00PM-10:00PM
Jun 28	1338110	Sa	9:00AM-4:30PM

ESPAÑOL - CPR/AED Adult, Child plus Infant (HSSFA610) Fee: \$65.00

En esta curso tu aprenderas a reconocer las emergencias respiratorias y cardiacas en adultos niños y bebés, y tu desarrollarás prácticas de RCP supervisadas por un Instructor tu pondrás tus manos y habilidades en práctica. Al final del curso tu estarás listo para: Reconocer, y dar atención a una persona con una emergencia respiratoria o cardiaca; Realizar RCP en una persona que está sufriendo un ataque cardiaco; Minimizar los efectos del Shock; dar atención a una persona que se este atragantando de cualquier edad.

Certificado: RCP para la comunidad (valido por 1 año)

DATE	CODE	DAY	TIMES
Jan 7, 9	1338113	Mo, We	6:00PM-10:00PM
Apr 1, 3	1338146	Tu, Th	6:00PM-10:00PM

Standard First Aid with CPR/AED Adult, Child plus Infant (HSSFA415) Fee: \$80.00

This comprehensive course includes Infant, Child, and Adult CPR, rescue breathing, choking rescue, and the following first aid skills: bleeding control,

treatment of burns, fractures, sprains, strains, seizures, poisoning, heat and cold emergencies. **Certificates: Adult, Child, and Infant CPR/AED (valid 1 year) and Standard First Aid (valid 3 years)**

Daytime Classes

DATE	CODE	DAY	TIMES
Jan 18	1342031	Fr	8:30AM-6:00PM
Jan 31	1342070	Fr	8:30AM-6:00PM
Feb 22	1342124	Fr	8:30AM-6:00PM
Mar 7	1342236	Fr	8:30AM-6:00PM
Mar 28	1342263	Fr	8:30AM-6:00PM
Apr 4	1342294	Fr	8:30AM-6:00PM
Apr 25	1342383	Fr	8:30AM-6:00PM
Jun 13	1342458	Fr	8:30AM-6:00PM

Evening and Weekend Classes

DATE	CODE	DAY	TIMES
Jan 12	1342009	Sa	8:30AM-6:00PM
Jan 15, 17	1342020	Tu, Th	6:00PM-10:30PM
Jan 19	1342037	Sa	8:30AM-6:00PM
Jan 26	1342047	Sa	8:30AM-6:00PM
Jan 28, 30	1342057	Mo, We	6:00PM-10:30PM
Feb 9	1342091	Sa	8:30AM-6:00PM
Feb 11, 13	1342106	Mo, We	6:00PM-10:30PM
Feb 23	1342134	Sa	8:30AM-6:00PM
Mar 8	1342242	Sa	8:30AM-6:00PM
Mar 10, 12	1342248	Mo, We	6:00PM-10:30PM
Mar 22	1342258	Sa	8:30AM-6:00PM
Mar 29	1342274	Sa	8:30AM-6:00PM
Apr 12	1342308	Sa	8:30AM-6:00PM
Apr 15, 17	1342323	Tu, Th	6:00PM-10:30PM
Apr 19	1342373	Sa	8:30AM-6:00PM
Apr 29, May 1	1342395	Tu, Th	6:00PM-10:30PM
May 3	1342407	Sa	8:30AM-6:00PM
May 10	1342417	Sa	8:30AM-6:00PM
May 20, 22	1342430	Tu, Th	6:00PM-10:30PM
May 31	1369439	Sa	8:30AM-6:00PM
Jun 3, 5	1342444	Tu, We	6:00PM-10:30PM
Jun 14	1342467	Sa	8:30AM-6:00PM
Jun 16, 18	1342476	Mo, We	6:00PM-10:30PM
Jun 21	1342486	Sa	8:30AM-6:00PM
Jun 24, 26	1342502	Tu, Th	6:00PM-10:30PM
Jun 28	1342513	Sa	8:30AM-6:00PM

Primeros Auxilios y Seguridad Parp la Comunidad (HSSFA614) Fee: \$80.00

Incluye RCP para adultos y bebés y niños. Este curso está diseñado para entrenar a las personas para que superen el miedo a actuar en situaciones de emergencia. Este curso ha sido diseñado para igualar o superar los lineamientos de la OSHA. **Certificados: RCP para la comunidad (valido por 1 año) y Primeros auxilios estandar (valido por 3 años)**

DATE	CODE	DAY	TIMES
Jan 19	1342620	Sa	8:30AM-6:00PM
Feb 16	1342628	Sa	8:30AM-6:00PM
Mar 1	1342633	Sa	8:30AM-6:00PM
Apr 26	1342643	Sa	8:30AM-6:00PM
May 17	1342676	Sa	8:30AM-6:00PM
Jun 14	1342682	Sa	8:30AM-6:00PM

First Aid (HSSFA101) Fee: \$50.00

First Aid training without CPR. You will learn the following first aid skills: bleeding control and treatment of burns, fractures, strains, sprains, seizures, shock, poisoning, and heat and cold-related emergencies. **Certificates: First Aid Basics (valid 3 years)**

Daytime Classes

DATE	CODE	DAY	TIMES
Jan 3	1342695	Th	9:00AM-1:30PM
Jan 10	1342714	Th	9:00AM-1:30PM
Jan 12	1342725	Sa	9:00AM-1:30PM
Jan 15	1342728	Tu	9:00AM-1:30PM
Jan 24	1342732	Th	9:00AM-1:30PM
Jan 28	1342737	Mo	9:00AM-1:30PM
Feb 14	1342744	Th	9:00AM-1:30PM
Feb 19	1342751	Tu	9:00AM-1:30PM
Feb 21	1342759	Th	10:00AM-2:30PM
Feb 27	1342762	We	9:00AM-1:30PM
Mar 6	1342768	Th	9:00AM-1:30PM
Mar 13	1342771	Th	9:00AM-1:30PM
Mar 17	1342773	M	10:00AM-2:30PM
Mar 31	1342778	M	10:00AM-2:30PM
Apr 1	1342782	Tu	9:00AM-1:30PM
Apr 10	1342795	Th	9:00AM-1:30PM
Apr 17	1342803	Th	9:00AM-1:30PM
Apr 21	1342808	M	10:00AM-2:30PM
May 1	1342812	Th	9:00AM-1:30PM
May 8	1342817	Th	9:00AM-1:30PM
May 15	1342819	Th	9:00AM-1:30PM
May 19	1342822	M	10:00AM-2:30PM
May 29	1342824	Th	9:00AM-1:30PM
Jun 3	1342826	Tu	9:00AM-1:30PM
Jun 9	1342828	M	10:00AM-2:30PM
Jun 19	1342833	Th	9:00AM-1:30PM

Evening Classes

DATE	CODE	DAY	TIMES
Jan 2	1342849	We	6:00PM-10:00PM
Jan 8	1342852	Tu	6:00PM-10:00PM
Feb 12	1342857	Tu	6:00PM-10:00PM
Feb 20	1342860	We	6:00PM-10:00PM
Feb 28	1342863	Th	6:00PM-10:00PM
Mar 11	1342864	Tu	6:00PM-10:00PM
Mar 26	1342867	We	6:00PM-10:00PM
Apr 24	1342869	Th	6:00PM-10:00PM
May 28	1342870	We	6:00PM-10:00PM
Jun 18	1342871	We	6:00PM-10:00PM
Jun 25	1342872	We	6:00PM-10:00PM



Challenge Classes

Written and Skills Tests, No Instruction

Each session is run in a "challenge" format which means there will be no instruction or video. Students will take a written exam and, upon successful completion of the written exam, demonstrate skills proficiency in a skills test. Skill tests are based on the ECC 2005 standards, no exceptions. Students that do not display skill proficiency will be dismissed, referred to a full length course, and be required to pay an additional course fee. **Note:** All students must arrive at the beginning of class, however student completion times may vary since students will be tested one at a time on a first-come first-served basis.

CPR/AED Adult, Child, plus Infant Challenge (HSSFA303C) Fee: \$55.00

DATE	CODE	DAY	TIMES
Jan 16	1345647	We	6:00PM-10:00PM
Feb 19	1345658	Tu	6:00PM-10:00PM
Mar 24	1345667	Mo	6:00PM-10:00PM
Apr 23	1345673	We	6:00PM-10:00PM
May 28	1345680	We	6:00PM-10:00PM
Jun 30	1345808	Mo	6:00PM-10:00PM

CPR/AED for the Professional Rescuer Challenge (HSPRO101C) Fee: \$55.00

DATE	CODE	DAY	TIMES
Jan 16	1345817	We	6:00PM-10:00PM
Feb 19	1345825	Tu	6:00PM-10:00PM
Mar 24	1345831	Mo	6:00PM-10:00PM
Apr 23	1345837	We	6:00PM-10:00PM
May 28	1345896	We	6:00PM-10:00PM
Jun 30	1345900	Mo	6:00PM-10:00PM

Emergency Response Challenge (HSPRO103C) Fee: \$60.00

DATE	CODE	DAY	TIMES
Feb 16	1345909	Sa	8:30AM-6:00PM
Mar 20	1345916	Th	8:30AM-5:00PM
Apr 26	1345922	Sa	8:30AM-6:00PM
May 22	1345925	Th	8:30AM-5:00PM

Advance First Aid & CPR Courses

CPR/AED for the Professional Rescuer (HSPRO101) Fee: \$85.00

Recommended for individuals with a professional duty to respond to emergencies. Participants will learn basic CPR skills, two-rescuer CPR, use of a resuscitation mask, and BVM. **Certificates: CPR/AED for the Professional Rescuer (valid 1 year)**

Daytime Classes

DATE	CODE	DAY	TIMES
Jan 4	1345988	Fr	8:30AM-5:30PM
Jan 9	1345993	We	8:30AM-5:30PM
Jan 23	1345996	We	8:30AM-5:30PM
Feb 6	1346000	We	8:30AM-5:30PM
Feb 8	1346002	Fr	8:30AM-5:30PM
Feb 20	1346007	We	8:30AM-5:30PM
Feb 29	1346011	Fr	8:30AM-5:30PM
Mar 5	1346014	We	8:30AM-5:30PM
Mar 14	1346021	Fr	8:30AM-5:30PM
Mar 19	1346026	We	8:30AM-5:30PM
Apr 9	1346035	We	8:30AM-5:30PM
Apr 11	1346036	Fr	8:30AM-5:30PM
Apr 23	1346038	We	8:30AM-5:30PM
Apr 30	1346042	We	8:30AM-5:30PM
May 9	1346049	Fr	8:30AM-5:30PM
May 14	1346051	We	8:30AM-5:30PM
May 28	1346054	We	8:30AM-5:30PM
Jun 6	1346058	Fr	8:30AM-5:30PM
Jun 11	1346062	We	8:30AM-5:30PM
Jun 20	1346065	Fr	8:30AM-5:30PM
Jun 25	1346067	We	8:30AM-5:30PM

Evening and Saturday Classes

DATE	CODE	DAY	TIMES
Jan 12	1346070	Sa	8:30AM-5:30PM
Feb 2	1346072	Sa	8:30AM-5:30PM
Feb 11, 13	1346096	Mo, We	6:00PM-10:00PM
Feb 23	1346098	Sa	8:30AM-5:30PM
Mar 1	1346100	Sa	8:30AM-5:30PM
Mar 3, 5	1346101	Mo, We	6:00PM-10:00PM
Mar 29	1346103	Sa	8:30AM-5:30PM
Apr 5	1346104	Sa	8:30AM-5:30PM
Apr 8, 10	1346105	Tu, Th	6:00PM-10:00PM
Apr 19	1346107	Sa	8:30AM-5:30PM
May 3	1346109	Sa	8:30AM-5:30PM
May 13, 15	1346116	Tu, Th	6:00PM-10:00PM
Jun 9, 11	1346117	Mo, We	6:00PM-10:00PM
Jun 14	1346119	Sa	8:30AM-5:30PM
Jun 17, 19	1346122	Tu, Th	6:00PM-10:00PM
Jun 28	1346123	Sa	8:30AM-5:30PM

First Aid for Public Safety Personnel Title 22 (CGCFA101) Fee: \$155.00

This 15-hour class is for Lifeguards, Security Officers & Company Emergency Responders. California Code of Regulations (Title 22) requires that all Public Safety Personnel must receive 16 hours of approved First Aid training and 8 hours of CPR/AED training for the Professional Rescuer. The title 22 course is the First Aid section only and stresses the steps in an emergency until more advanced personnel arrive. This course will also cover oxygen and the new bloodborne pathogens requirements for responders. **Certificates: Title 22 (valid 3 years)**

DATE	CODE	DAY	TIMES
May 5, 7, 12, 14	1346125	Mo, We	6:00PM-10:00PM

Emergency Response Training (HSPRO103) Fee: \$230.00

This 53 hour course is designed for public safety personnel, athletic trainers, emergency response team members, and others interested in advance level first aid skills. Course content includes CPR for Professional Rescuer, preventing disease transmission, advanced first aid techniques, breathing devices, oxygen administration, childbirth, moving victims, advanced splinting and bandaging, head and spine injuries, multiple casualty triage, Automated External Defibrillator (AED), and emergency scene management. Realistic emergency scene skills will be practiced. This course was developed to meet or exceed the guidelines established by OSHA on bloodborne pathogen transmission and the United States Department of Transportation first responder guidelines. **Certificates: CPR/AED for the Professional Rescuer (valid 1 year), Emergency Response Training (valid 3 years), Oxygen Administration (valid 1 year), and Preventing Disease Transmission (valid 1 year)**

Daytime Courses

DATE	CODE	DAY	TIMES
Feb 26 - Mar 20	1346130	Tu, Th	8:30AM-5:00PM
Apr 29 - May 22	1346131	Tu, Th	8:30AM-5:00PM

Evening and Saturday Classes

DATE	CODE	DAY	TIMES
Jan 8 - Feb 14	1346140	Tu, Th	6:00PM-10:00PM
Feb 16		Sa	8:30AM-6:00PM
Apr 7 - 24	1346141	Mo, Tu, We, Th	6:00PM-10:00PM
Apr 26		Sa	8:30AM-6:00PM

Specialty Courses

Pet First Aid (CNPFA101) Fee: \$55.00

This 4-hour course will teach you the information you need to keep your pet safe and to act with confidence during an emergency. Subjects covered in the course include proper emergency procedures, identifying problems requiring immediate attention, and how to keep your pet healthy. Please do not bring pets to class. **Certificates: Pet First Aid (no expiration date)**

DATE	CODE	DAY	TIMES
Jan 24	1342876	Th	6:00PM-10:00PM
Mar 20	1342879	Th	6:00PM-10:00PM
May 27	1342880	Tu	6:00PM-10:00PM

Wilderness First Aid (32290) Fee: \$80.00

This 20-hour course is for those who work, live, or play in remote areas - away from the usual EMS service. Even though the emergency workers near these areas may be trained to search for those in need, there may be a delay in the notification of assistance, the time required to get to the patient, or the moving of the patient to more advanced treatment. Basic first aid skills are covered, making this course appropriate for anyone regardless of experience level. No prerequisites are required. A minimum age of 15 is recommended due to the serious nature of the course and scenario. **Certificates: First Aid Basics (valid 3 years)**

DATE	CODE	DAY	TIMES
Mar 4, 6, 11, 13, 18	1342885	Tu, Th	6:00PM-10:00PM
Apr 14, 16, 21, 23, 28	1342889	Mo, We	6:00PM-10:00PM
Jun 12, 17, 19, 24, 26	1342892	Tu, Th	6:00PM-10:00PM

Bloodborne Pathogens Training (32650) Fee: \$40.00

This course was developed with guidance from OSHA to comply with the training component of OSHA's bloodborne pathogens standard, including OSHA's Needlestick Standard. Completing this training does not constitute full compliance with OSHA standards. Issues regarding engineering controls, personal protective equipment, immunizations, exposure control plans, and reporting exposure incidents are the responsibility of the employer. **Certificates: Bloodborne Pathogen (valid 1 year)**

DATE	CODE	DAY	TIMES
Jan 22	1342894	Tu	10:00AM-12:00PM
Feb 25	1342895	Mo	10:00AM-12:00PM
Mar 17	1342896	Mo	10:00AM-12:00PM
Apr 28	1342897	Mo	10:00AM-12:00PM
Jun 30	1342898	Mo	10:00AM-12:00PM

Babysitter Training (31400) Fee: \$60.00

In this 6.5-hour course for ages 11 to 15, students learn how to interview for a babysitting job, make responsible decisions, supervise children, and keep kids and themselves safe. Skills taught include: rescue breathing, first aid for choking, first aid for bleeding, and basic care (diapering, holding, feeding, dressing) for infants and small children. A Babysitter's Safety Kit is given to each student. This zippered nylon folder includes first aid supplies, compact flashlight, and emergency information forms. Remember to bring a sack lunch. **Certificates: Babysitter Training (no expiration date)**

DATE	CODE	DAY	TIMES
Jan 5	1343351	Sa	9:00AM-3:30PM
Jan 26	1343374	Sa	9:00AM-3:30PM
Feb 2	1343395	Sa	9:00AM-3:30PM
Feb 9	1343410	Sa	9:00AM-3:30PM
Mar 1	1343432	Sa	9:00AM-3:30PM
Mar 15	1343443	Sa	9:00AM-3:30PM
Mar 29	1343458	Sa	9:00AM-3:30PM
Apr 12	1343477	Sa	9:00AM-3:30PM
Apr 26	1343496	Sa	9:00AM-3:30PM
May 3	1343504	Sa	9:00AM-3:30PM
May 17	1343580	Sa	9:00AM-3:30PM
Jun 7	1343597	Sa	9:00AM-3:30PM
Jun 21	1343611	Sa	9:00AM-3:30PM



California Child Care Health & Safety Training



California law (AB243) requires that at least one staff member at each childcare center and family home day care have 15 hours of certified health and safety training. The law also requires that one staff member certified in pediatric CPR (adult, child and infant) and first aid be available at all times when children are present. The American Red Cross program is recognized by the State as the standard for this training. Students must attend both days of class in order to receive certification.

California Child Care: CPR and Pediatric First Aid (CGCAC101) Fee: \$80.00

This State of California approved 8-hour course fulfills the licensing requirement for all Licensed or new child care providers. Topics covered include: preventing childhood injuries, supervision, Sudden Infant Death Syndrome (SIDS), Shaken Baby Syndrome (SBS), recognizing and reporting child abuse, food safety, preventing disease transmission, and caring for ill children.

Certificates: Adult, Child, and Infant CPR (valid 1 year) and Pediatric First Aid (valid 2 years)

DATE	CODE	DAY	TIMES
Jan 5	1343814	Sa	9:00AM-5:30PM
Jan 26	1343840	Sa	9:00AM-5:30PM
Feb 4	1343848	Mo	9:00AM-5:30PM
Feb 9	1343855	Sa	9:00AM-5:30PM
Feb 23	1343865	Sa	9:00AM-5:30PM
Mar 8	1343875	Sa	9:00AM-5:30PM
Mar 15	1343882	Sa	9:00AM-5:30PM
Mar 22	1343893	Sa	9:00AM-5:30PM
Apr 2	1343899	We	9:00AM-5:30PM
Apr 12	1343977	Sa	9:00AM-5:30PM
Apr 19	1343990	Sa	9:00AM-5:30PM
May 5	1343997	Mo	9:00AM-5:30PM
May 10	1344065	Sa	9:00AM-5:30PM
May 17	1344076	Sa	9:00AM-5:30PM
Jun 7	1344088	Sa	9:00AM-5:30PM
Jun 9	1344106	Mo	9:00AM-5:30PM
Jun 28	1344116	Sa	9:00AM-5:30PM

California Child Care: Preventative Health and Safety (CGCAC102) Fee \$70.00

This State of California approved 7-hour course fulfills the licensing requirement for all Licensed or new child care providers. Topics covered include: preventing infectious diseases, handling food safely, illness care planning, preventing childhood injuries, and recognizing and reporting child abuse.

Certificates: Health and Safety (no expiration date)

DATE	CODE	DAY	TIMES
Jan 27	1344545	Su	9:00AM-5:30PM
Feb 7	1344560	Th	9:00AM-5:30PM
Feb 24	1344574	Su	9:00AM-5:30PM
Mar 16	1344586	Su	9:00AM-5:30PM
Apr 9	1344595	We	9:00AM-5:30PM
Apr 13	1344604	Su	9:00AM-5:30PM
May 7	1344628	We	9:00AM-5:30PM
May 18	1344638	Su	9:00AM-5:30PM
Jun 11	1344645	We	9:00AM-5:30PM
Jun 29	1344655	Su	9:00AM-5:30PM

Instructor Training Courses



Business, non-profits, government agencies, schools and entrepreneurs can become Authorized Providers by designating a representative to become a trained Red Cross instructor. Offer Courses at your site and award certificates directly to employees, students or members. The program is easy to arrange. Contact the Chapter's Authorized Provider Specialist at PermaulC@usa.redcross.org or 408-577-2176.

The American Red Cross is the leader in First Aid and CPR education, and we want you to be a part of our team! Our instructor training program enable you to become a Red Cross instructor and train others to save lives. Once trained, you may only teach for the American Red Cross itself or an organization which has been approved by the local chapter as an Authorized Training Provider.

These courses train you to teach various Red Cross classes by developing an understanding of the course materials, learning how to conduct training sessions, understanding the methods used to evaluate participant progress, and learning how to prepare and submit records.

All classes in this section train individuals to teach the specific courses named. You must have skill proficiency in the course you would like to teach and hold a current certificate in that course. During the pre-course class session of the Instructor course you will be tested on CPR and First Aid skills and given written exams. ***If you cannot pass the exam or the skills tests you will not be allowed to continue with the class and there will be no refund.***

Instructor candidates are required to teach two classes or twelve hours of instruction (whichever is greater) in their specialty areas under the supervision of a chapter designated instructor to receive an authorization to teach from the Santa Clara Valley Chapter. Upon completion of teaching these classes, the chapter may: 1. Issue

the authorization to teach; 2. Require additional supervised teaching classes; or 3. Decline to issue the authorization based upon the evaluation and recommendation of the observing instructors. These internship hours are in addition to the scheduled hours for completion of each course.

Fundamentals of Instructor Training

(3010)

Fee: \$30.00

This is a prerequisite to all other instructor courses. This course focuses on methods of teaching, instructor functions, and instructor responsibilities in planning to teach, conduct, and evaluate Red Cross courses. **Prerequisites:** Current First Aid and CPR. On the first night, the candidate must successfully complete the pre-course session. This includes passing the pre-course written exam with a score of 80 percent or higher on each section, and demonstrating competency in the pre-course skills (First Aid, Adult, Child and Infant CPR, and the AED) and scenarios evaluation. ***If you cannot pass the exam or the skills tests you will not be allowed to continue with the class and there will be no refund.*** Must be at least 16 years of age. **Certificates:** Certification is good for 1 year. If you do not complete a specialty course and become an instructor, this certificate expires.

DATE	CODE	DAY	TIMES
Jan 30	1346143	We	6:00PM-10:00PM
Mar 27	1346144	Th	6:00PM-10:00PM
May 1	1346146	Th	8:30AM - 12:30PM
May 12	1346147	Mo	6:00PM-10:00PM
May 27	1346149	Tu	6:00PM-10:00PM

Lay Responder First Aid/CPR/AED Instructor (HSSFA801) Fee: \$130.00

This course prepares candidates to teach the following courses: Adult, Infant, and Child CPR, First Aid, and Automated External Defibrillator and more. The focus is on proficiency in emergency first aid skills as well as proper classroom setup, skill preparation, administrative procedures, and equipment maintenance. Candidates must pass a written test with a score of 80 percent or higher on each section in order to receive an Instructor Authorization at the end of class. **Prerequisites: Fundamentals of Instructor Training.** Current First Aid and CPR. On the first night, the candidate must successfully complete the pre-course session. This includes passing the pre-course written exam with a score of 80 percent or higher on each section, and demonstrating competency in the pre-course skills (First Aid, Adult, Child and Infant CPR, and the AED) and scenarios evaluation. **If you cannot pass the exam or the skills tests you will not be allowed to continue with the class and there will be no refund.** Must be at least 16 years of age. **Certificates:** Expiration date for classes completed January-September is the second December 31 following the course completion date (For example; Classes complete March 15, 2007 expire December 31, 2008) . For classes completed October-December, use the year of the third December 31 following the class completion date (For example: Classes completed November 15, 2007 expire December 31, 2009).

DATE	CODE	DAY	TIMES
Feb 4 - 20	1346152	Mo, We	6:00PM-10:00PM
Apr 8 - 22	1346154	Tu, Th	6:00PM-10:00PM
May 1,	1346157	Tu	1:30PM - 5:30PM
May 6 - 8		Tu, Th	8:30PM - 5:30PM
May 29 - Jun 12	1366610	Tu,Th	6:00PM-10:00PM

CPR/AED for the Professional Rescuer Instructor (HSPRO801) Fee: \$130.00

This class will authorize you to become an instructor for CPR/AED for the Professional Rescuer. This is a 16 hour course with a required internship. You must have solid Professional Rescuer skills prior to the course. **Prerequisites: Fundamentals of Instructor Training.** Current First Aid and CPR. On the first night, the candidate must successfully complete the pre-course session. This includes passing the pre-course written exam with a score of 80 percent or higher on each section, and demonstrating competency in the pre-course skills (First Aid, Adult, Child and Infant CPR, and the AED) and scenarios evaluation. **If you cannot**

pass the exam or the skills tests you will not be allowed to continue with the class and there will be no refund. Must be at least 16 years of age. **Certificates:** Expiration date for any one of these Instructor courses completed between January-September will be the second December 31st following the course completion date. (For example; Course complete March 15, 2007 expires December 31, 2008) For Course completed October-December, use the year of the third December 31st following the course completion date. (For example: Course complete November 15, 2007 expires December 31, 2009)

DATE	CODE	DAY	TIMES
May 19-Jun 2	1346158	Mo, We	6:00PM-10:00PM

Emergency Response Instructor (HSPRO805) Fee: \$250.00

This class will authorize you to become an instructor for Emergency Response, Preventing Disease Transmission, Oxygen Administration, CPR/AED for the Professional Rescuer, and Lay Responder FA/CPR/AED. Instructors will receive the materials needed to conduct all of these classes. **Prerequisites:** Emergency Response Training. One the first night, he candidate must successfully complete the pre-course session. This includes passing the pre-course written exam with a score of 80 percent or higher on each section, and demonstrating competency in the pre-course skills (First Aid, Adult, Child and Infant CPR, and the AED) and scenarios evaluation. **If you cannot pass the exam or the skills tests you will not be allowed to continue with the class and there will be no refund.** Must be at least 17 years of age. **Certificates:** Expiration date for any one of these Instructor courses completed between January-September will be the second December 31st following the course completion date. (For example; Course complete March 15, 2007 expires December 31, 2008) For Course completed October-December, use the year of the third December 31st following the course completion date. (For example: Course complete November 15, 2007 expires December 31, 2009)

DATE	CODE	DAY	TIMES
Jun 9 - 25	1346160	Tu, Th	6:00PM-10:00PM

GET IT TOGETHER.



WITH PRODUCTS FROM AMERICAN RED CROSS



Solo First Aid Kit - \$10.00

Complete first aid kit for one. Ideal for the individual who travels or lives alone. Features a built in belt loop. The zippered top prevents items from falling out when attached to your belt.



Pet First Aid Kit - \$13.00

Should an emergency arise with your pet, be ready and have on hand our Pet First Aid Kit. Ideal for treating dogs, cats and other small domestic animals. Available in a fanny pack or hard plastic case. Fanny pack measures 7.75 inches x 6.5 inches x 3.25 inches.



Personal First Aid Kit - \$7.00

Designed for single person use, this medium sized first aid kit is ideal for the home or even your car. The kit's long list of first aid items provides you with the peace of mind to tackle most minor situations where first aid is needed. All items are packed in a durable white plastic case (6.5x5x 2)



Home & Travel First Aid Kit - \$20.00

Our most comprehensive first aid kit for the family. Features clearly marked sections for various first aid supplies. Includes unique items such as poison ivy treatment and disposable thermometers. Packed in a padded water resistant bag. Over 75 pieces.



10-person First Aid Kit - \$20.00

25-person First Aid Kit - \$25.00

50-person First Aid Kit - \$30.00

Exceeds OSHA requirements for office up to 10, 25 or 50 people or construction sites for up to 5, 10 or 20 people. Perfect for home or travel. Packaged in a plastic, wall mountable case. When emergencies arise, open the case and the contents inside unfold before your eyes in clear zippered pouches neatly arranged by severity of injury.



FR350 Emergency Radio - \$65.00

American Red Cross-endorsed, water-resistant emergency radio with 4 distinct power sources. Picks up AM, FM, and 7 shortwave bands; built in LED flashlight and cell phone charger (with various phone adapters). Receives power from hand crank generator, NiMH battery, AC adapter, or 3 AA batteries. 90 seconds of hand cranking produces 40 to 60 minutes of uninterrupted radio power. Sealed 3.5 mm headphone jack; measures 8.75 x 4.5 x 2.25 inches. 1-year warranty.

Disaster Response Training Courses



**Interested in becoming an American Red Cross Disaster Response Volunteer??
Simply complete these easy steps:**

1. Complete the Volunteer Application found in the Volunteer section of www.santacaravalley.redcross.org and then
2. **Go to www.mybackgroundcheck.com/ArcVts/** and complete the background check.
3. Call (408) 577-2014 or email paulcry@usa.redcross.org to register for orientation.

Course Dates and Times

Due to the flexible nature of disaster response, please visit us online under "Take a Class" at www.santaclaravalley.redcross.org or call 408-577-2020 for current dates and times for these classes.

ORIENTATIONS

Volunteer Orientation: Introduction to the American Red Cross

This required one-hour orientation is designed to provide potential volunteers with information about the American Red Cross, the local chapters and current volunteer opportunities. **This course is a prerequisite to all other volunteer classes.**

Introduction to Disaster Services

This online course - www.redcross.org/flash/course01_v01/ - is designed to engage and inspires new volunteers to actively participate in supporting American Red Cross Disasters Services. It allows you to discover how volunteers support this critical mission, and explore ways you can become involved in your local chapter. **This course is a prerequisite to all other Disaster Services training courses.**

CORE COURSE

Client Casework: Providing Emergency Assistance (DSCLS202A)

This course trains new Red Cross disaster caseworkers how to conduct effective client interviews and provide appropriate assistance to help meet a client's immediate disaster-caused or disaster-aggravated needs. The course culminates in an interactive, hands-on simulated activity during which participants are provided the opportunity to conduct interviews, assess client needs and determine the appropriate assistance, using the tools and resources available to caseworkers. (7 hours)
Prerequisites: Fulfilling Our Mission

Fulfilling Our Mission (DSGEN200A)

This course introduces Red Cross employees and volunteers and members of other local agencies to the role of the Red Cross in the community's actions in preparing for, responding to and recovering from emergencies and disasters. The course will enable individual volunteers to translate their care and compassion for their community into action and provide information to other community agencies on Red Cross work and possible partnership in preparation for and response to a disaster. Participants will understand the mission of the Red Cross, the principles and values that support the mission and expected behaviors of volunteers. (3 hours) **Prerequisite:** Introduction to Disaster Services (DSGEN201C)

Fundamentals of Disaster Assessment (DSIMS200B)

This is a blended learning course consisting of two components, online (DSIMS200C) and instructor-led (DSIMS200A). Successful completion of both course components is required to receive a certificate of course completion. This course introduces the critical role of Disaster Assessment, explore related preparedness tasks, learn how to collect and communicate disaster assessment information, and become familiar with how disaster assessment information supports management and service delivery decisions. (Approximately 4 hours online and 4.5 hours in classroom) **Prerequisites:** Online training component of the course residing on the Red Cross Learning Management System (LMS). Must complete the "Challenge Me Exercise" from Module 4 of Part 1 and bring assignment to the classroom Part 2. **Recommended:** Fulfilling Our Mission (DSGEN200A)

Going Out On A Disaster Assignment (ARC9104)

This course prepares new disaster volunteers for their first disaster assignment. What do you pack? Who do you call? What equipment do you take? How to make travel arrangements and much more are covered in this class. (2 hours) **Prerequisite:** Fulfilling Our Mission (DSGEN200A), Mass Care (DSMCC200A)

Incident Command System (ICS) Orientation (ARC9104)

ICS is a management system utilized to organize and control emergency scenes. This course explains terminology, organizational overviews, and principles of ICS. (3 hours) **Prerequisite:** None

Mass Care Overview (DSMCC200A)

This course introduces the activities for the Mass Care group which are: Bulk Distribution, Feeding, Sheltering and Community Programs. It involves video segments, instructor lectures and classroom activities. (3 hours) **Prerequisite:** Fulfilling Our Mission (DSGEN200A)

Shelter Operations (3068-11)

This course teaches the Red Cross policies and procedures for setting up, running and closing a shelter during a disaster. The course includes lecture and group exercises. (3 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A), Mass Care Overview (DSMCC200A)

Shelter Simulation (3068-12)

This course provides participants with an opportunity to apply the knowledge learned in Shelter Operations to develop the skills and abilities required to operate a successful shelter. (3 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A), Mass Care Overview (DSMCC200A), Shelter Operations (3068-11)

BASIC COURSES

Collaborating to Ensure Effective Service Delivery (ARC 3089-4)

This course explains what a liaison is and what a liaison does. There will be instruction on how liaisons collaborate with diverse internal and external stakeholders in a manner that yields community trust in, appreciation for and goodwill towards the American Red Cross. This course will prepare disaster volunteers on how to establish collaborative relationships that contribute to coordinated disaster response and help to ensure effective service delivery. (12 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A) **Recommended:** Mass Care (DSMCC200A), Client Casework: Providing Emergency Assistance (DSCLS202A), Working With Total Diversity (A1503), Experience working with a Red Cross chapter, community or labor organizations, government agencies and/or diverse populations

Disaster Mental Health: An Overview (3077-2)

This course is designed primarily for persons outside the mental health field who are involved in Red Cross disaster response. Participants will learn the roles, responsibilities and benefits of the Disaster Mental Health activity and how this activity supports both relief operations workers and clients. (3 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A)

ERV Ready, Set, Roll (ARC 3068-4)

This course introduces the Emergency Response Vehicle (ERV) and all related equipment and its use. The course consists of two parts. The first part contains approximately three hours of self-study. The second part consists of the combination of an ERV orientation and road test. Total estimated time to complete the course is dependent upon the number of participants and availability of equipment. **Prerequisites:** Fulfilling Our Mission (DSGEN200A), Mass Care (DSMCC200A), Valid driver's license, Satisfactory Department of Motor Vehicles (DMV) Report, Defensive Driving Course Certificate. **Recommended:** Logistics: An Overview (ARC 3071-1)

Foundations of Disaster Mental Health (ARC 3077-4)

This course prepares licensed mental health professionals to provide for and respond to the psychological needs of people across the continuum of disaster preparedness, response and recovery. The course explains the key concepts, knowledge and skills required of anyone who is assigned to the Disaster Mental Health activity. (6.5 hours) **Prerequisites:** Mental health professional with a current state license to include: Counselor, Marriage and Family Therapist, Psychiatrist, or Psychologist, Fulfilling Our Mission (DSGEN200A)

Health Services Response Workshop (DSCLS205W)

This workshop orients licensed or certified health professionals to the roles and responsibilities of a Health Services Associate when working on behalf of the Red Cross to meet the disaster-related health needs of clients. The activities require workshop participants to apply their professional knowledge, experience and critical thinking abilities to the work-related challenges experienced by Red Cross workers who provide immediate assistance to clients in the aftermath of a disaster. (5.25 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A), Current certification in First Aid and CPR. **Recommended:** Serving People with Disabilities Following a Disaster (DSPSS200B), Client Casework: Providing Emergency Assistance (DSCLS202A), Shelter Operations (ARC 3068-11), Staff Health: Deploying a Healthy Workforce, Client Assistance System training

Psychological First Aid (DSCLS206A)

This course provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. It provides practical suggestions about what you can say and do as you practice the principles of Psychological First Aid. (4 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A)

Serving People With Disabilities Following A Disaster (DSPSS200B)

This is a blended learning course consisting of two components, online and instructor-led, which outlines American Red Cross policies and practices as they pertain to providing services to people with disabilities following a disaster. (6.5 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A), The online component of the course is a required prerequisite and takes approximately 45 minutes to complete

In-Kind Disaster Workshop

This course introduces the American Red Cross position on in-kind donations, and to prepare them to help manage in-kind donations at disaster sites. Much of the information presented can also be applied to managing in-kind donations at chapters. (6.5 hours) **Prerequisites:** None

Fundamentals of Disaster Public Affairs: The Local Response (DSOSS200A)

This course introduces Red Cross communicators to the critical tasks necessary to initiate a chapter disaster public affairs response. This course will explain the Disaster Public Affairs structure on a local level and prepare employees and volunteers to effectively respond to local media inquiries and to proactively present Red Cross messaging. (6.5 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A), Disaster Public Affairs Overview (DSOSS201C). **Recommended:** Client Casework: Providing Emergency Assistance (DSCLS202A), Mass Care Overview (DSMCC200A), Fundamentals of Disaster Assessment (DSIMS200B), Disaster Fundraising: Preparing and Responding in Chapters (A3074-3), Shelter Operations (3068-11)

Logistics: An Overview (ARC 3071-1)

This course gives an overview of the Material Support Services group and the activities associated with it. Participants will learn about the skills, abilities and knowledge needed by Material Support Services workers and how they can become more involved in their local chapter. (3 hours) **Prerequisites:** Fulfilling Our Mission (DSGEN200A)

Logistics Simulation (ARC 3071-2)

This course is designed to give the learners the opportunity to practice using the skills and knowledge from Logistics: An Overview. (4 hours) **Prerequisites:** Logistics: An Overview (ARC 3071-1)

Additional intermediate and advance disaster response courses are available based on interest and demand.

Please see DISASTER SERVICES TRAINING under the TAKE A CLASS section at our website: www.santaclaravalley.redcross.org.



International Social Services Classes

Introduction to International Humanitarian Law (IHL)

International Humanitarian Law is everyone's concern. In a world where warfare and civil strife are a daily reality for millions, International Humanitarian Law provides a framework for protection for civilians and combatants alike.

The conduct for warfare as embodied by IHL is laid out in the Geneva Conventions of 1949. The American Red Cross has a unique mandate to educate the American public about the guiding principles and IHL framework as it applies to the protection of members of the armed forces including prisoners of war and civilians.

This course is intended to raise awareness among Red Cross representatives and general audiences about the Geneva Conventions, the basic rules of International Humanitarian Law, and the role of the Red Cross during armed conflict to implement IHL. Through a hands-on approach utilizing group activities, class discussion and multiple audiovisual aids, this newly-updated course invites participants to reflect on their images and perceptions of armed conflict and explore the powerful and fundamental concept of human dignity even in the midst of the excesses of war.

The course is free and is schedule based on interest and demand. Please contact Robin Fifield at 408-577-2020 or fifieldr@usa.redcross.org to register.

The Red Cross is Here to Help You and Your Community Be Prepared!

The American Red Cross teaches individuals, families, businesses, churches, community groups, and students how to prevent, prepare for, and respond to disasters through the Community Disaster Education program. We provide trained professionals who will customize a presentation to meet the needs and interests of your audience.

COST: Presentations are offered FREE of charge, but donations are encouraged to cover costs. We distribute at least 1 brochure/flyer per participant. (Estimated cost: 25 brochures=\$6, 25 flyers=\$3). You may buy extra brochures at cost or photocopy some of our materials.



Be Red Cross Ready

Be Red Cross Ready

Suggested Length = 1 hour

Content: This general disaster preparedness workshop can be offered as a standard 30-minute presentation or it can be tailored with additional modules to meet the needs of a specific audience. The core presentation focuses on how the community and Red Cross can work together to prepare for a disaster. The focus is on three steps: Make a Plan, Build a Kit, and Be Informed.

Modules may be added such as: Earthquake, Fire, Flood, Workplace, Seniors, Sheltering-in-Place, Business Continuity Planning, and Special Needs Populations. (Please note that adding modules may require additional presentation time).

Materials provided: Be Red Cross Ready brochure

Other Materials Available: Food and Water in an Emergency, Preparing for Disaster, Earthquake, Fire, Flood, Disaster Preparedness for Seniors, Preparing your Business for the Unthinkable, Preparing for Disasters for those with Special needs and disabilities.

: Pandemic Flu - Are You Prepared?

Suggested Length = 1 hour

Content: This workshop covers the what to expect during a pandemic flu, differences between seasonal flu and pandemic flu, how the virus spreads as well as steps for prevention and preparation.

Materials provided: Family Preparedness Guide and Pandemic Flu Facts Sheets

To make your adult presentation request, please contact Cynthia Hsu at 408-577-2070 or HsuC@usa.redcross.org or visit www.santaclaravalley.redcross.org. Please allow 4-6 weeks lead time for requests.

NOTE: Materials used in these workshops may be available in Cantonese, Japanese, Korean, Mandarin, Spanish and Vietnamese.

Youth Training Courses



Photo: Gene Dailey

According to the National Safe Kids Campaign, in a given year, one out of every four children (0-19 years of age) sustains an injury severe enough to require medical treatment. Also, according to the United States Geological Survey, there is a 62% probability that at least one earthquake of magnitude 6.7 or greater will occur in the Bay Area before the year 2032. Because of these statistics, the Youth Services Department is committed to training children of all ages in first aid and disaster preparedness.

First Aid Basics (FAB)

This interactive course is designed to teach children grades K-6 basic First Aid and safety skills. This presentation teaches children how to stay calm in an emergency, how to get help, and how to give care to an injured person. It also includes basic first aid for bleeding, burns, nosebleeds, bruises, choking, bites/stings, and poisoning. Additionally, grades 3-6 will learn how to bandage wounds and how to give rescue breaths. This presentation is 1 hour long.

Fire, Earthquake, and Disaster (FED)

FED for Kids is an energetic and interactive presentation that teaches kids grades K-6 how to prepare for an earthquake, what to do during an earthquake, how to be safe during a fire, and how to get ready for disasters. Simple preparedness skills, appropriate response practices, and how to involve their families in disaster safety are included. Grades 3-6 will have a more detailed presentation with the option of a jeopardy game at the end that tests students' knowledge. The length of this presentation is 1 hour and the game is an extra 30 minutes.



Photo: Gene Dailey

CPR Saturday

Are you a teenager between the ages of 13-18? Do you want to learn CPR for FREE? If you do, come join us for CPR Saturday and learn how to save a life! You will be trained by certified instructors in Adult CPR, Rescue Breathing, the choking maneuver, use of the EMS system, and basic home safety, and you will receive a certificate good for one year.

DATE	CODE	DAY	TIMES
Mar 8		Sa	9:00AM - 1:00PM
Mar 8		Sa	2:00PM - 6:00PM

Kidpower

Kidpower is a free fun-filled day of first aid and safety drills taught by our trained volunteers! It is specifically designed for kids in grades 3-5 and covers BAT (Basic Aid Training) material, including calling how to recognize an emergency, how to get help, how to control bleeding, how to perform rescue breathing, and first aid for nosebleeds, bites, bruises, choking, and fractures. Students will also learn all about fire safety, water safety, and what to do for poisoning. This is a fun and interactive course that includes manikin practice, relay races, hands-on bandaging, and more. At the end of the course students will receive a certificate of completion and BAT activity book. Remember to bring a lunch!

DATE	CODE	DAY	TIMES
Apr 13		Sa	10:00AM - 3:00PM

Basic Aid Training (BAT)

In this lively course targeted for children grades 3-5, children will learn basic First Aid and personal safety skills including: how to recognize an emergency, how to get help, how to control bleeding, how to perform rescue breathing, and first aid for nosebleeds, bites, bruises, choking, and fractures. Students will also learn all about fire safety, water safety, and what to do for poisoning. This is a fun and interactive course that includes manikin practice, relay races, hands-on bandaging, and more. At the end of the course students will receive a certificate of completion and BAT activity book. This course meets Webelos, Boy Scout Readyman Badge, and Jr. Girl Scout First Aid Badge requirements. The course is about 5-6 hours long and the cost is \$20 per student.



For more information or to sign up for any of these Youth Courses, please contact Amy Lin at LinAmy@usa.redcross.org and make sure to include your name, email, contact number, and which session you want to attend.



Photo: Gene Dailey

You don't have a Red Cross Club at your school?

Start One!

What's a Red Cross Club?

A group of students, located at a school, who wish to serve their community through service, education, and leadership as members of the American Red Cross. Specifically, clubs participate in such activities as service projects and leadership training.

Think of it as the Red Cross at your school – students from your school volunteering as part of the Red Cross. Red Cross clubs work with our chapter and with other clubs to do service projects. In addition, clubs also promote CPR, First Aid, Youth Education Programs, and the Red Cross mission.

All schools that currently have clubs have them because youth – like you – took action and set up a club. Thanks to these people, we have over a dozen Red Cross Clubs throughout Santa Clara County!

Schools with Red Cross Clubs:

Middle School – Cupertino, Miller, Moreland

High School – Andrew Hill, Bellarmine, Branham, Cupertino, Evergreen Valley, Harker, Homestead, Independence, Leland, Los Gatos, Lynbrook, Milpitas, Monta Vista, Oak Grove, Piedmont Hills, Pioneer, Santa Theresa, Westmont College - DeAnza College

Get involved today! Visit our website at www.santaclaravalley.redcross.org, call (408) 577-2166, or email linamy@usa.redcross.org for more information.

Registration Form

Choose carefully! Course fees are non-refundable.

Enrollees are allowed a one-time opportunity to reschedule (within one month) providing our office is notified three working days prior to the first day of the course. If you do not reschedule or do not attend the class, you will forfeit the entire course fee.

FIVE WAYS TO REGISTER

Via Internet: www.santaclaravalley.redcross.org

By Mail : Santa Clara Valley Chapter
(using this form) American Red Cross
 2731 North First Street
 San Jose, CA95134-2029

By Fax : Health & Safety Courses (408) 577-2110
(using this form) Disaster or Youth Courses (408) 577-2050

By Phone: **Health & Safety Courses (408) 577-2178 or 1(800) 350-8100**
 Mon -Thurs: 8:30am-6:00pm; Fri 8:30am-5:00pm
Disaster Courses (408) 577-2020
 Mon - Fri. 8:30am-5:00pm
Youth Courses (408) 577-2067
 Tues - Fri. 8:30am-5:00pm

Name: _____
Street: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____
E-mail: _____

Selection: Give 2 choices. Classes fill early. First Come, First Serve.
Confirmation mailed within 3 business days.

Course Name: _____ Course Code: _____
1st choice date: _____ Time: _____
2nd choice date: _____ Time: _____
Course Name: _____ Course Code: _____
1st choice date: _____ Time: _____
2nd choice date: _____ Time: _____

Payment Options: Payment must be received at time of registration.
Confirmation will be mailed within 3 days.

Check Cash Visa AMEX Discover Mastercard

Make checks payable to: Santa Clara Valley Chapter - American Red Cross

Card No: _____ Exp. Date: _____
Name: _____

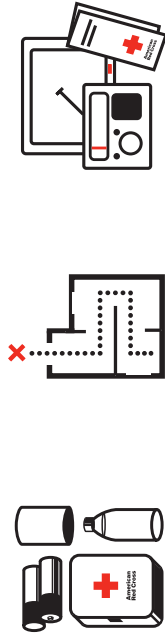
Signature: _____ Date: _____

NON-DISCRIMINATION POLICY

No person will be excluded from service or classes due to race, ethnic origin, religion, handicap, gender or sexual orientation.



Santa Clara Valley Chapter
2731 North First Street
San Jose, CA 95134



1. Get a kit 2. Make a Plan 3. Be Informed

Training Schedule
January - June 2008
Be Red Cross Ready