

# American Red Cross Safety Courses 2020



Home Health(VNA) • Hospice & Palliative Care • Physical Therapies • Aquatics & Fitness

## Adult and Pediatric CPR/AED

Participants will be trained how to recognize emergencies, contact EMS, demonstrate how to check a conscious or unconscious victim, how to care for an adult or child with a breathing/choking emergency and care for them if in cardiac arrest. 1 hour e-learning on your own time. 1.5 hours of skill time at Pemi-Baker Community Health. Certification is good for 2 years.

Price: \$65

## CPR for Professional Rescuers & Healthcare Providers also offered.

Price: \$85 (Includes pocket mask breathing barrier)

### ***All sessions 3:30-5 Fridays or 10:30-12:00 Saturdays***

Session 1: January 24th <u>or</u> 25th	Session 2: February 7th <u>or</u> 8th
Session 3: March 13th <u>or</u> 14th	Session 4: April 17th
Session 5: May 15th	Session 6: June 5th
Session 7: July 17th <u>or</u> 18th	Session 8: August 21st <u>or</u> 22nd
Session 9: Sept. 18th <u>or</u> 19th	Session 10: October 23rd <u>or</u> 24th
Session 11: Nov. 13th <u>or</u> 14th	Session 12: December 4th



## **First Aid**

Participants will be trained to recognize injuries, demonstrate how to control bleeding, care for burns, care for muscle, bone and joint injuries and recognize and care for sudden illnesses. 1 hour of e-learning on your own time. 30 minutes of skill/review time at Pemi-Baker Community Health. Certification is good for 2 years.

Price: \$40

### ***All sessions 5-5:30 Fridays or 12-12:30 Saturdays***

**Same Session dates as above**

**Adult and Pediatric First Aid CPR/ AED combination price: \$95**

**Please register with Anna:  
[aswanson@pbhha.org](mailto:aswanson@pbhha.org) 536-2232**



All sessions held at PBCH, 101 Boulder Point Drive, Suite 3, Plymouth, NH 03264

## **ARC Lifeguard Training**

The newly revised Lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. The new program reflects the latest Emergency Cardiovascular Care (ECC) Science. 2 Year certification, 29 hour course, 3 day format, 9am-6pm

Price: \$335

Session 1: April 24th, 25th, 26th

Session 2: May 29th, 30th, 31st

Session 3: June 19th, 20th, 27th



## **ARC Lifeguard Training Review**

This Lifeguarding review program trains current lifeguards the updated information to bring them up to speed with the new 2017 Lifeguard Training Program. Course is 9 hours in length consisting of classroom sessions, in pool sessions and a final skills and written test. Completion of the course will recertify the participant in Lifeguarding, CPR/AED for Professional rescuer and First Aid for two years.

Price: \$235

Session 1: March 28th, 8am-5pm

Session 2: April 26th, 8am-5pm

Session 3: May 31st, 8am-5pm

Session 4: June 27th, 8am-5pm

**Please register with Anna: [aswanson@pbhha.org](mailto:aswanson@pbhha.org) / 536-2232**

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**Proud provider of American Red Cross Health and Safety Training**