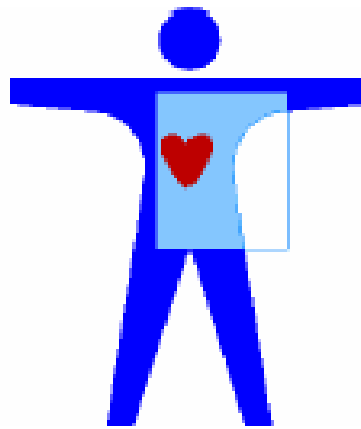


**MESSIAH COLLEGE**  
Department of Safety

# **2008**

## **Health & Safety Training**



**AMERICAN RED CROSS**  
**FIRST AID/CPR/AED**

**Information Booklet**

# **FIRST AID - CPR/AED**

## **General Info**

The **Health & Safety** class instructors are staff members with the Messiah College Department of Safety who are certified as instructors through the American Red Cross.

\* Classes and materials are offered **free** of charge for faculty, staff, and currently enrolled students.

\* Employee spouses, other family members, or alumni and friends of the college community are welcome to attend any of the classes. However, there is a modest **fee** charged for each class. Please call or email for current course fees. Payment is due at the beginning of each class. Make checks payable to **MESSIAH COLLEGE**.

The Department of Safety can customize any of these classes to fit your department or group schedule, including conducting evening or weekend classes.

**Pre-registration** is required for all classes.

For **additional information** or to **register** for a class,  
contact Norman “Skip” Benson  
Email: [nbenson@messiah.edu](mailto:nbenson@messiah.edu)  
Phone: Ext. 5082 or 717-796-5082

### **Course Instruction Levels:**

**Beginner Level** - Class instruction provides a detailed overview of course materials, and allows significant time for hands-on skill proficiency.

**Refresher Level** - Class instruction provides a quick overview of course materials, and allows ample time for hands-on skill review. Persons who have had training at any point in the past are welcome to attend refresher level classes, and you may attend even if your certification has expired.

# **FIRST AID - CPR/AED**

## **Class Descriptions**

### **Beginner Level:**

#### **Adult CPR \* Maximum **8** participants**

**Course Length:** 2.5 hours

**Description:** Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel arrive and take over patient care.

**Certification:** Adult CPR - valid for one year.

#### **Adult CPR with AED \* Maximum **6** participants**

**Course Length:** 3.5 hours

**Description:** Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing emergencies, perform cardiopulmonary resuscitation (CPR), and use an Automated External Defibrillator (AED) for victims of sudden cardiac arrest.

**Certification:** Adult CPR/AED - valid for one year.

#### **First Aid \* Maximum **10** participants**

**Course Length:** 2.5 hours

**Description:** Gives individuals the knowledge and skills necessary to provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over patient care.

**Certification:** First Aid - valid for three years.

#### **Infant & Child CPR \* Maximum **8** participants**

**Course Length:** 2.5 hours

**Description:** Gives individuals the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children until advanced medical personnel arrive and take over patient care.

**Certification:** Infant & Child CPR - valid for one year.

#### **CPR/AED for the Professional Rescuer \* Maximum **6** participants**

**Course Length:** 4.5 hours

**Description:** Teach those with a duty to act the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

**Certification:** CPR/AED for the Professional Rescuer - valid for one year.

# **FIRST AID - CPR/AED**

## **Class Descriptions**

### **Refresher Level:**

#### **Adult CPR \* Maximum **8** participants**

**Course Length:** 1.5 hours

**Description:** Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel arrive and take over patient care.

**Certification:** Adult CPR - valid for one year.

#### **Adult CPR with AED \* Maximum **6** participants**

**Course Length:** 2 hours

**Description:** Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing emergencies, perform cardiopulmonary resuscitation (CPR), and use an Automated External Defibrillator (AED) for victims of sudden cardiac arrest.

**Certification:** Adult CPR/AED - valid for one year.

#### **Adult, Infant & Child CPR \* Maximum **6** participants**

**Course Length:** 2 hours

**Description:** Gives individuals in the workplace the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults, infants and children until advanced medical personnel arrive and take over.

**Certification:** Adult, Infant & Child CPR - valid for one year.

#### **First Aid \* Maximum **10** participants**

**Course Length:** 1.5 hours

**Description:** Gives individuals the knowledge and skills necessary to provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over patient care.

**Certification:** First Aid - valid for three years.

#### **Infant & Child CPR \* Maximum **8** participants**

**Course Length:** 1.5 hours

**Description:** Gives individuals in the workplace the knowledge and skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in infants and children until advanced medical personnel arrive and take over patient care.

**Certification:** Infant & Child CPR - valid for one year.

#### **CPR/AED for the Professional Rescuer \* Maximum **6** participants**

**Course Length:** 2 hours

**Description:** Teach those with a duty to act the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

**Certification:** CPR/AED for the Professional Rescuer - valid for one year.