



American Red Cross



CPR – Adult

- PURPOSE:** The Adult CPR Course is designed to provide participants with the information necessary to recognize the signs of cardiovascular disease, and to provide emergency care to adult victims of cardiac arrest, choking, and those in need of rescue breathing.
- CLASS TIME:** Approximately 3.75 hours
- CLASS SIZE:** A maximum of 15 participants per class. Multiple classes may be scheduled for the same time.
- CONTENT:** Professional American Red Cross Instructors guide students through skills by utilizing an up-to-date video depicting real-life emergencies, and step-by-step practice procedures. Students will master the skills of positioning a victim for rescue breathing, giving rescue breathing, cardiopulmonary resuscitation (CPR) for adults and handling choking emergencies. The use of manikins allows for safe and realistic practice sessions and an easy to read, informative workbook supplements this course. Students will view the use of the AED which when used in conjunction with Adult CPR skills vastly increases the survival rates of victims but this skill will not be covered in the training. This course is structured to meet OSHA guidelines and teaches the participants universal precautions for disease transmission by having the participants use gloves during all skills. All participants will be provided with a keychain breathing barrier to use in any emergency situation as well as a handy skill card designed to be added to the participants' first aid kit.
- PREREQUISITE:** None.
- CERTIFICATION:** Participants who correctly demonstrate all skills and who pass the final written test with a minimum score of 80% will receive a CPR – Adult certificate, valid for one year from the date of course completion.
- CONTRACT:** Training will be conducted at the work site or other agreed upon location.
- Course will be taught at the time designated by the business or organization.
- All equipment necessary to complete the course will be delivered to the contracting organization and retrieved by American Red Cross personnel.

COURSE FEE FOR THE AMERICAN RED CROSS OF THE SUSQUEHANNA VALLEY

A per person fee of \$50.00 will be charged for each participant with a minimum of 8 participants.

A \$25.00 fee will be added for a single course held over two days.

All courses will be invoiced after the course has occurred.

- * PLEASE NOTE: Practice sessions can be strenuous; if participants have **any** medical conditions or disabilities that may limit their ability to complete these tasks, please discuss them with a representative from our Workplace Training Program.

For more information or to schedule a course, please contact:

**American Red Cross of the Susquehanna Valley
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P.O. Box 5740
Harrisburg, PA 17110-0740
(717) 234-3101 or (717) 299-5561**