



American Red Cross

Managing Stress

- PURPOSE:** This seminar is designed to provide participants with valuable information on managing stress. Facts on the causes of stress, self-quizzes and discussion help individuals recognize their stressors and develop personal stress-reduction strategies for work and personal lives.
- CLASS TIME:** A minimum of 1 hour is required to present the course content.
- CLASS SIZE:** No minimum or maximum number of participants is required for this course.
- CONTENT:** Knowing your anatomy and understanding reasons and types of back injury.
Avoiding risks as well as proper lifting and moving skills.
Understanding the benefits of ergonomics and preventative exercises.
- PREREQUISITE:** None.
- 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

\$125.00 course fee for an unlimited number of participants (\$5.00 per participant when combined with Standard First Aid with CPR – Adult or CPR - Adult). Fee includes up to 20 booklets.

All courses will be invoiced after the course has occurred.

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

**American Red Cross of the Susquehanna Valley
1804 North Sixth Street
P.O. Box 5740
Harrisburg, PA 17110-0740
(717) 234-3101 or (717) 299-5561**