



First Aid & CPR

First Aid & CPR Training

Course Description:

CPR and First Aid can be trained separately, but are most often trained together. CPR is a training course that provides individuals with the basic knowledge and skills necessary to provide effective basic life support in an emergency situation. The course is designed to give the confidence an individual needs in order to respond in an emergency situation with skills that can save a life.

First Aid if properly applied can save lives, reduce recovery time, and quite possibly can mean the difference between temporary disability and lifetime disability to a victim. Knowing how to respond to a first aid emergency is one of the most important skills a person can have.

The standard First Aid course meets the OSHA requirements and is a great tool for your employees to learn the most up-to-date methods, techniques, and life-saving procedures. This course is a combination of hands-on training, video, and lecture teaching on how to deal with emergencies such as bleeding, shock, burns, strains, fractures, allergic reaction, diabetic reaction, and seizures.

Course Objective:

This interactive and hands-on session provides participants with the knowledge, skills and abilities needed to properly administer emergency first aid and CPR.

Course Length:

4-6 hours

Target Audience:

- All employees