

# American Red Cross Safety Courses 2021



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

## Basic Life Support (BLS for Healthcare Providers) also offered.

Price: \$95 (Includes pocket mask breathing barrier)

## *All sessions 1:00-2:30 Fridays or 10:30-12:00 Saturdays*

Session 1: January 22nd <u>or</u> 23rd	Session 2: February 12th <u>or</u> 13th
Session 3: March 12th <u>or</u> 13th	Session 4: April 16th
Session 5: May 14th	Session 6: June 18th
Session 7: July 16th <u>or</u> 17th	Session 8: August 13th
Session 9: Sept. 24th <u>or</u> 25th	Session 10: October 15th <u>or</u> 16th
Session 11: Nov. 19th <u>or</u> 20th	Session 12: December 10th



## 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 2:30-3:00 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: \$355

Session 1: May 15th, 16th, 17th

Session 2: June 5th, 6th, 7th



## **ARC Lifeguard Training Review**

This Lifeguarding review program recertifies current Lifeguards for an additional two years. Course is 9 hours in length consisting of on line sessions, 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: \$285

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

Session 2: April 24th, 8am-5pm

Session 3: May 29th, 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**