

First Aid Training

First Aid Courses Our most popularly enrolled courses are the National Safety Council's first aid programs. The course content, adheres to the most recent 2005 International Guidelines for CPR and First Aid training, and training is available for Standard or Pediatric First Aid environments. Course training includes instruction and practice for CPR and First Aid, and lasts about 9 hours.

For students who maintain separate but current CPR certification the course content herein can be limited to just the first aid skills. It is our recommendation, however, that CPR and First Aid be taught together as one course.

National Safety Council's Standard First Aid

- First Aid training covers the basics: breathing emergencies, sudden illness and injury, bleeding, and preventing disease transmission.

- The CPR segment teaches basic life support for adults, children, and infants. You'll learn how to assess the scene of an emergency, perform one-rescuer CPR and rescue breathing, and manage a choking victim.

- The AED portion of the program details key operating characteristics of AEDs and shows you proper precautions and maintenance techniques. It also includes guidelines for meeting the state Public Access Defibrillation (PAD) laws.

National Safety Council's Pediatric First Aid This course includes all the topics from our Standard First Aid, CPR and AED course, adapted to the special needs of infants and children. Plus, it offers information on: Common minor childhood problems and injuries Child abuse and neglect Children with disabilities Common childhood illnesses Preventing illness and infection Preventing injuries Making places safe for children