

UNITED SAFETY SOLUTIONS

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826 Bloom Rd
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ADULT CPR, FIRST AID & AED

Course: 2-4 Hours Instruction
Hours: Class Room
Hours: Field Instruction

Prerequisites:
Fee:
CE Credits:

CPR is a lifesaving procedure that is performed when someone's breathing or heartbeat has stopped, best performed by those who have been trained in an accredited CPR course. When someone starts CPR before emergency support arrives, the patient has a much greater chance of surviving.

Permanent brain damage or death can occur within minutes if a person's blood flow stops – continue CPR procedures until the person's heartbeat and breathing return, or trained medical help arrives.

Rescue breathing provides oxygen to a person's lungs. Chest compressions keep the person's blood circulating.

Considerations

- The newest techniques emphasize compression over rescue breathing and airway
- Time is very important when an unconscious person is not breathing.
- Permanent brain damage begins after only 4 minutes without oxygen; death may occur within 4 - 6 minutes
- AED - Automated External Defibrillators - have pads or paddles to place on the chest during a life-threatening emergency. They automatically check the heart rhythm and give a sudden shock if, and only if, that shock is needed to get the heart back into the right rhythm.

Causes - In adults, major reasons that heartbeat and breathing stop include:

- Drug overdose - Excessive bleeding - Heart disease (heart attack or abnormal heart rhythm, fluid in the lungs or compressing the heart) - Stroke - Electric Shock - Infection in the bloodstream (sepsis) - Injuries and accidents - Near-drowning

United Safety Solutions Course Covers:

- First Aid Emergency Response and Resuscitation
- Contact and Release
- Training Verification
- Documentation

Certification:

Successful completion requires 80% on both classroom and practical skills.

Upon successful completion, participants receive a wallet card, and documentation to satisfy OSHA.

Syllabus – ARC Flash and ARC Blast Emergency Procedures - 06-2014