



Get certified in First Aid/CPR

Cardiopulmonary Resuscitation

Audience

This course is for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED use to meet job, regulatory or other requirements.

Heartsaver First Aid CPR AED course description

Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives.

Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course teaches CPR and AED use on Adults, Children and Infants.

Prepare for 8 hours of instruction (8:30am-5:30pm) with a break for lunch included. Classes start promptly at 8:30am, so please be on time. Participants are highly encouraged to bring lunch due to location and time allotted.

The Heartsaver First Aid CPR AED Student Workbook is a **REQUIREMENT of the American Heart Association certification** and must be available for reference in class, and is a good resource for future reference as well. Workbook can be purchased through the following web sites: <http://aha.channing-bete.com/heartsaver-courses/heartsaver-firstaid.html>
<http://www.laerdal.com/us/item/90-1026>

http://www.e-worldpoint.com/en/products/Audience-Student/Category-American-Heart-Association/First-Aid-CPR-AED/_/N-1z141yiZ7ptZ1z141pc/Npp-50

Workbook is also available at the MWR Bookstore – Stone Education Center Bldg. 6242, Rm. B144. Mon – Thu 10am – 4pm. Phone (253) 964-8185

To register email: registration@jblmmwr.com or call 253.966.7466

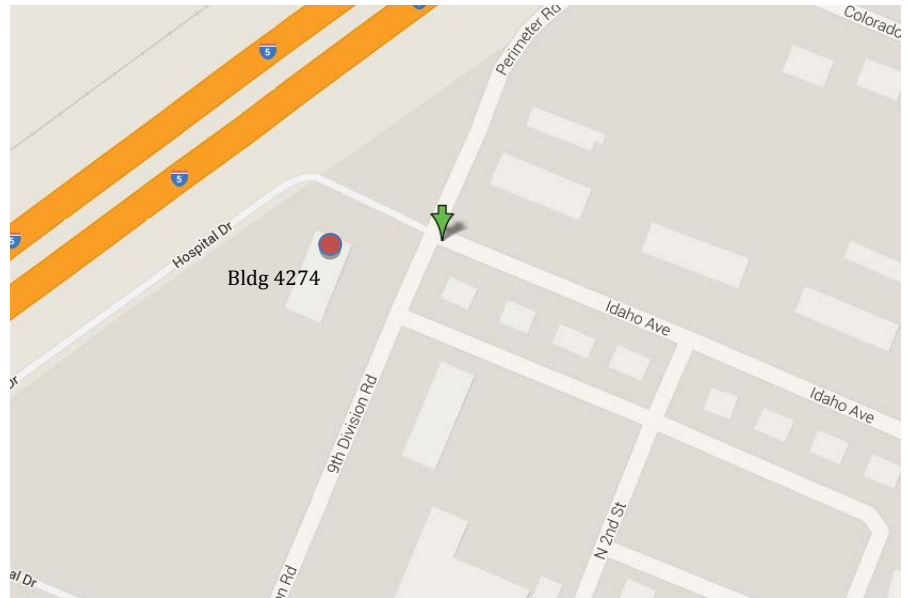
Course is open to Gov ID card holders 12 yrs of age and older.

DRIVING DIRECTIONS

LEWIS Main Class

Directions to the Family Resource Center (FRC) 4274 Idaho Ave. JBLM

- From I-5 take exit 119 and proceed to the 'DuPont' gate.
- After the gate make your first left onto West Way
- Continue for 2 blocks to the stop sign.
- Straight through the stop sign.
- Right onto Pendleton Ave.
- Left onto 9th Division
- When you get to the stop sign the FRC is on your left.



McChord Field Class

Directions to Bldg 1210

- From I-5 take exit 125 and proceed to the McChord Field gate
- Continue straight on west entrance road
- At the light take a left onto Barnes Blvd.
- Drive 1.3 miles, Bldg 1210 is on the left.

