



health and safety programs



Whether you need to train two staff members or hundreds of people in multiple locations, the Red Cross can help. We can provide high-quality safety training when and where you need it, through one point of contact.

Our flexible preparedness training will help you meet OSHA guidelines and prepare your staff and members of your community to save lives.

- 1. We'll Come to You:** A Red Cross instructor can come to your facility and provide training at a time that works for you – daytime, evenings or weekends.
- 2. Become an Authorized Provider:** Have your staff members trained as Red Cross instructors to provide first aid, CPR and AED training on site.
- 3. Attend at Community Locations:** For organizations that have only a few individuals who need training, your local Red Cross chapter has classes available at community locations.
- 4. Enroll in Online Learning:** Through this option, the first part of the training is accessed online at your convenience, followed by an instructor-led skills practice and assessment.

Become a Red Cross Authorized Provider

As an Authorized Provider, you can offer health and safety programs at your facility with your own instructors certified through our train-the-trainer courses. By entering into an Authorized Provider agreement with the Red Cross, you can:

- Cost-effectively reach large groups
- Schedule training on site for staff or members of the community when it's convenient for you and your group
- Address regulatory issues specific to your business or organization
- Create in-house experts familiar with your emergency procedures and emergency response equipment
- Receive administrative and technical support from your local Red Cross chapter

Course Content

Combine any of the following course content – recently updated with the latest science – to create the optimal training program for your organization. Training combines lecture, interactive video demonstrations and hands-on instruction to teach participants lifesaving skills.

First Aid

Participants learn first aid skills for treating a variety of injuries, such as burns; wounds; head, neck and back injuries; and heat- and cold-related emergencies. Participants also learn to manage sudden illnesses, stroke, seizure, bites and poisoning.

CPR-Adult, Child and Infant

Participants learn how to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, children and infants.

Research supports, and OSHA recommends, that CPR recertification training should take place at least *once a year* to help ensure that individuals are prepared with the skills they need to effectively respond to cardiac and breathing emergencies.

AED

AED training is available as an add-on to both Adult CPR and Child CPR training. Participants learn how to use an automated external defibrillator (AED) on adult victims of cardiac arrest or child victims of cardiac arrest between the ages of 1 and 8.

Sudden cardiac arrest claims the lives of more than 200,000 people every year. An automated external defibrillator (AED) could save the life of an employee, community member or anyone else who may suffer cardiac arrest at your facility. We can help you set up an AED program today, including training and the purchase of AEDs.

Course Options

Standard First Aid with CPR/AED-Adult (6.5 hours)

Our most comprehensive training course, this session provides training in first aid, Adult CPR and AED skills.

Standard First Aid with CPR-Adult (5.5 hours)

This course provides first aid and Adult CPR training and explains the role of AEDs in emergency cardiac care.

First Aid (3.5 hours)

Participants learn first aid skills for treating a variety of injuries and sudden illness.

CPR/AED-Adult (4.5 hours)

Participants learn Adult CPR and AED skills to respond to breathing and cardiac emergencies.

CPR-Adult (3.5 hours)

For individuals who need Adult CPR training only, this course also reviews the role of AEDs in emergency cardiac care.

CPR-Child and Infant (4.5 hours)

Ideal for teachers and daycare workers, this course prepares participants to respond to breathing and cardiac emergencies in infants and children under the age of 12. Child AED training may also be added.

Online First Aid, Adult CPR with AED training (Online approximately 3 hours; Skill Session approximately 2.5 hours)

Learn how to save lives from the comfort of your own home or office, at your own pace. The first part of the training is taken online, at the participant's convenience. After completion of the online sessions, participants will attend a skills session. You have the option of testing out of lessons with which you may already be familiar.

Getting Started

To get your group involved in working with the Red Cross, contact us at:

314.516.2740

or e-mail us at takeaclass@redcrossstl.org