

CPR COURSES

HEARTSAVER:

This is a three-hour course, which covers the problems of cardiovascular disease, the signs and symptoms of a heart attack or stroke, the risk factors and prevention strategies. CPR in individuals 8 years of age and above is covered as well as obstructed airway procedures. The course is intended for the layperson and family members of high-risk individuals. There is no written test. Participants are awarded a course participation card.

HEARTSAVER PLUS:

This course covers the same subjects as the HEARTSAVER but does require a written test as well as skills testing. Course length is 3+ hours and is recommended for healthcare professionals, school teachers, coaches, etc. who work with individuals 8 years of age and above and are required to demonstrate proficiency. Participants are awarded a card stating that they have met the cognitive and psychomotor skills tests.

ADULT AND PEDIATRIC COURSE:

This course is a 6-hour course, which covers the same material as the HEARTSAVER but also includes CHILD and INFANT CPR and obstructed airway procedures. There is no written test and is recommended for the layperson. Participants are awarded a course participation card.

ADULT AND PEDIATRIC PLUS COURSE:

This course covers the same as material as the ADULT AND PEDIATRIC COURSE but includes a written and skills test. The course is a 6+hour program and is recommended for individuals who work in healthcare facilities, schools, sports coaches, etc. where certification is desired.

PEDIATRIC COURSE:

This is a 6-hour course, which covers infant and child safety as well as infant and child CPR and Obstructed airway procedures. There is no written test and is recommended for new parents, grandparents, babysitters, etc. A course participation card is given.

PEDIATRIC PLUS COURSE:

This is a 6-hour course, which covers the same material as the PEDIATRIC CPR COURSE but includes skills testing and a written test. A card stating that participant has met the cognitive and skills test is given.

HEALTHCARE PROVIDER COURSE:

This course covers adult one and two person CPR, CHILD and INFANT CPR and all Obstructed Airway procedures. Special problems and defibrillator use are demonstrated. Written and skills tests are required. Required for instructor candidates, medical professionals, nursing students, EMT's and Advanced Cardiac Life Support professionals. Completion card states that cognitive and psychomotor skills test were met. Course length is about 9 hours.

HEARTSAVER/AED COURSE:

This is a 4-hour course, which covers Adult CPR, Obstructed Airway procedures and the use of an Automated External Defibrillator. Hands on training with training equipment in various scenarios is given. Written and skills testing is required. The course is intended for the layperson, security guards, firefighters, police officers and anyone caring for high-risk individuals.

CHOKESAVER COURSE:

This is a 1 to 2¹/₂ hour course intended to teach the lay person how to recognize a choking victim and to respond using the Heimlich Maneuver. Practical training is done with manikins. This is not an official AHA course and no certificate is given. Recommended for food service personnel or those working with high-risk individuals.