



## CPR /AED and First Aid Courses Offered At Evergreen Fire/Rescue



**For 2013 EPAD (Evergreen Public Access Defibrillation) and Evergreen Fire/Rescue will offer Evergreen residents FREE\* Heartsaver CPR training. We will also offer quarterly First Aid Classes.**

**The American Heart Association (AHA), Heartsaver CPR/AED** course is designed to teach people the basic skills of CPR and how to operate an AED. Students will receive instruction in the following areas:

- Scene assessment/safety
- Activating EMS
- CPR for adults, children, and infants
- AED (Automated External Defibrillation), proven life saving technology
- Foreign body airway obstruction
- Recognition of signs and symptoms of: heart attack, stroke, choking and sudden cardiac arrest

**FREE CPR and AED Instruction:** for anyone who wants to learn CPR and AED, is not a healthcare provider, and does not want a course completion card, but will receive a certificate of completion from EFR / EPAD.

**Heartsaver CPR/AED Certification \$20:** for anyone who wants to learn CPR and AED, is not a healthcare provider, DOES want a course completion card and lives or works in the Evergreen Fire Protection District. This includes mandatory text book, test, & certification card for \$20. Certification is good for 2 years. (Certification is \$36.00 if you don't live or work in the district.)

The 2013 CPR/AED Courses are held on the 3rd Wednesday/ 3<sup>rd</sup> Saturday of alternating months.

### **2013 CPR/AED Schedule:**

Wednesday, January 16, 2013 at 5:00 pm  
Saturday, February 16, 2013 at 9:00 am  
Wednesday, March 20, 2013 at 5:00 pm  
Saturday, April 20, 2013 at 9:00 am  
Wednesday, May 15, 2013 at 5:00 pm  
Saturday, June 22, 2013 at 9:00 am  
Wednesday, July 17, 2013 at 5:00 pm  
Saturday, August 17, 2013 at 9:00 am  
Wednesday, September 13, 2013 at 5:00 pm  
Saturday, October 19, 2013 at 9:00 am  
Wednesday, November 20, 2013 at 5:00 pm

All scheduled classes will be held at the EFR administration/ training facility, Room A located at:

**1802 Bergen Parkway, Evergreen, CO. 80439**

Off site training may be available upon request. You'll need to provide us with a suitable training area, TV and a DVD player. Off site training fee will be \$65 per student.

All EFR & EPAD instructors are certified through the American Heart Association.

**AHA CPR for the Healthcare Provider:** Healthcare provider classes are not scheduled regularly, but can be arranged to meet your personal needs at our place or yours. This course is intended for people who provide health care in a professional setting such as doctors, nurses, in hospital technicians, and first responders (police officers, fire fighters, EMS personnel, etc). Students of this course will receive instruction in the following areas:

- Scene assessment/safety
- Activating EMS
- Recognition of heart attack, stroke, cardiac arrest and choking
- CPR for adults, children, and infants
- 2 person CPR
- AED (Automated External Defibrillation)
- Foreign body airway obstruction (choking)
- Use of oxygen delivery devices such as a BVM

The fee for HCP is \$55.00 per person, includes mandatory textbook. (Minimum of 4 students)

All of our CPR classes meet current national and state requirements. Certification is good for 2 years.

Off site training may be available upon request. You'll need to provide us with a suitable training area, TV and a DVD player. Fee for off-site training is \$65 per student (minimum of 4 students)

All EFR & EPAD instructors are certified through the American Heart Association.

**Skills Sessions for Heartsaver, first aid and Healthcare provider:** You can complete most of the AHA courses you need online at your convenience. For more information on online courses visit: [www.onlineaha.org](http://www.onlineaha.org) . When finished with the online portion of the class, print out the completion certificate and bring it with you for your skills check off. Skills sessions can be arranged by calling Evergreen Fire/Rescue at (303) 674-3145.

**Heartsaver /First Aid Classes** will be offered once per quarter during 2013. They are also available for groups upon request. (Minimum of 4 students)

**2013 First Aid Schedule:**

Wednesday, January 23, 2013 at 5:00 pm

Saturday, April 27, 2013 at 9:00 am

Wednesday, July 24, 2013 at 5:00 pm

Saturday, October 26, 2013 at 9:00 am

Please call with questions or if you need additional information about CPR or First Aid instruction.

John Lock

Public CPR Coordinator

(303) 679.6988