

**Schedule:**

December 9th Friday - 5:30pm to 8:30pm CPR for Professional Rescuer at St. Stephen's High School
December 9th and 10th Saturday/Sunday - 9:00am to 5pm Wilderness First Aid at Wild Basin

CPR/AED for the Professional Rescuer

The skills learned in this course include adult, child and infant rescue breathing, conscious and unconscious choking, CPR, two-rescuer CPR and adult and child AED. Additional training can be added to this course including bloodborne pathogens training and emergency oxygen administration. While the skills and knowledge that professional rescuers use are increasing, this training will help you meet your most important responsibility as a professional rescuer— the responsibility to save lives.

Wilderness First Aid

This course is designed specifically for those who work and/or live in remote areas where Emergency Medical Service (EMS) response is delayed 30 minutes or more. Typically when help is delayed, the rescuer spends more time sustaining the patient and/or evacuating the patient to a safer environment than in an urban setting. This course provides information on how to respond to those wilderness medical emergencies and trains students to recognize the signs and symptoms of various maladies. This course also covers how to prioritize care; perform an initial assessment; perform emergency evacuation moves; perform a head to toe exam and collect a SAMPLE history; document; care for different types of wounds; immobilize head, neck and spinal injuries; treating snakebites; administering epinephrine; splinting techniques; treat burns; treat for shock; recognize environmental and sudden illnesses; perform infant, child and adult CPR and utilize and AED on adults and children; assist conscious and unconscious victims with obstructed airways; perform rescue breathing. Discussions on packing appropriate first aid kits and developing emergency action plans will be explored during class time.

Community Cost:

CPR for Professional Rescuer - \$95

Wilderness First Aid - \$195

Combo CPR/WFA - \$230

Boy Scout Troops:

CPR for Professional Rescuer - \$75 (save \$20)

Wilderness First Aid - \$175 (save \$20)

Combo CPR/WFA - \$205 (save \$25)

To register visit the Expedition School website and select American Red Cross Courses - Wilderness First Aid. To get the discount simply register using the \$45 deposit and pay the difference via check at the class. The \$45 is not refundable for cash but can be applied toward the course cost.

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