



www.peninsularedcross.org

SAFETY & DISASTER TRAINING COURSE SCHEDULE

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American Red Cross

Together, we can save a life

CPR & FIRST AID COURSES

Adult CPR & Standard First Aid: 6.5 – 7 hours
Fee: \$50. **Prerequisite:** None. Adult CPR and Standard First Aid (**all-day weekend class**); includes CPR, rescue breathing, first aid for choking, control of bleeding and care for muscle, bone and joint injuries, sudden illness, and burns. To receive certification, students must successfully complete both written and skills exams. **Certification:** Adult CPR and Standard First Aid are valid for 2 years. Meets OSHA and WISHA requirements.

Date	Day	Time	Place
Mar 19	Sat	9 – 4 pm	Sequim
Apr 2	Sat	9 – 4 pm	Sequim
Apr 16	Sat	9 – 4 pm	Sequim
Apr 30	Sat	9 – 4 pm	Sequim
May 14	Sat	9 – 4 pm	Sequim
May 28	Sat	9 – 4pm	Sequim
June 11	Sat	9 – 4 pm	Sequim
June 11	Sat	9 – 4 pm	Forks
June 25	Sat	9 – 4 pm	Sequim

Adult CPR: 4 hours **Fee:** \$30. **Prerequisite:** None. Adult CPR (**weekday evening class**); Prepare individuals in the workplace to provide care for breathing emergencies and perform adult CPR. To receive certification, students must successfully complete both written and skills exams. **Certification:** Valid for 2 years. Meets OSHA and WISHA requirements.

Date	Day	Time	Place
Apr 5	Tues	6 – 10 pm	Sequim
May 9	Mon	6 – 10 pm	Sequim
June 7	Tues	6 – 10 pm	Sequim

Standard First Aid: 2.5 – 3 hours. **Fee:** \$25.

Prerequisite: Adult CPR certificate. First Aid (**weekday evening class**); includes control of bleeding, how to care for muscle, bone and joint injuries, sudden illness and burns. To receive certificate, students must successfully complete both written and skills exams. **Certification:** Valid for 2 years. Meets OSHA and WISHA requirements.

Date	Day	Time	Place
Apr 6	Wed	6 – 8:30 pm	Sequim
May 10	Tues	6 – 8:30 pm	Sequim
June 8	Wed	6 – 8:30 pm	Sequim

Infant & Child CPR: 2.5 – 3 hours **Fee:** \$25.

Prerequisite: Adult CPR Covers care for not breathing, choking, rescue breathing, CPR for infant and child victims. To receive certification, students must successfully complete both written and skills exams. Ideal for day care providers, teachers, parents or anyone who cares for children. **Certification:** Valid for 2 years.

Date	Day	Time	Place
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Apr 7	Thurs	6 – 8:30 pm	Sequim
May 12	Thurs	6 – 8:30 pm	Sequim
June 9	Thurs	6 – 8:30 pm	Sequim

CPR Review/ Challenge: 2.5 – 3 hours **Fee:** \$25 Review/\$20 Challenge. **Prerequisite:** Proof of American Heart Association or Red Cross Adult CPR certificate up to 12 months after expiration. You must bring your certificate to the class. To receive renewal of certificate, students must successfully complete both written and skills exams. **Certification:** Valid for 2 years. Meets OSHA and WISHA requirements.

Date	Day	Time	Place
Apr 12	Tues	6 – 8:30 pm	Sequim
May 16	Mon	6 – 8:30 pm	Sequim
June 14	Tues	6 – 8:30 pm	Sequim

Individuals are eligible for a Review course as long as their current certificate is expired no more than the past 12 months. Please call for more information to set up a one-on-one Review or Challenge appointment.

CPR/AED for Professional Rescuer: 6.5 – 7 hours. **Fee:** \$35 Review/\$60 Full course.

Prerequisite: None. Designed for people with a duty-to-respond; Adult, Child & Infant CPR, 1 & 2 rescuers CPR, use of an Automated External Defibrillator (AED), bag-valve mask and pocket mask (provided). To receive certification, students must successfully complete both written and skills exams. **Certification:** CPR/AED for Professional Rescuer or CPR/AED for Professional Rescuer – Healthcare Provider valid for 2 years. **Classes are offered once every quarter.**

Date	Day	Time	Place
Mar 22 (Day 1)	Tues	6 – 10 pm	Sequim
Mar 23 (Day 2)	Tues	6 – 10 pm	Sequim

AED Training: 2 – 2.5 hours **Fee:** \$20 (stand alone), \$15 (in addition to CPR). **Prerequisite:** Certification in Adult or Child CPR. Recognize the cardiac chain of survival and use an automated external defibrillator (AED) for adult or child victim of sudden cardiac arrest. **Available on a request basis, call for more details. Certification:** Valid for 2 years.

SPECIALTY COURSES

Babysitter's Training: 6.5 – 7 hours

Fee: \$35. **Prerequisite:** 11 years of age or older.

Students must bring non-refrigerated sack lunch/snacks for "all-day" class (half-hour meal break). Course prepares young people for situations that may arise while caring for younger children; covers the many responsibilities and skills required of a safe babysitter, supervision and play with children of various ages, basic child care, basic first aid, safety precautions,

accident prevention, and critical emergency action skills.

Certification: No expiration. Time and date of classes are determined from month to month basis.

Date	Day	Time	Place
Apr 30	Sat	9 – 4 pm	Sequim
May 21	Sat	9 – 4 pm	Sequim
June 11	Sat	9 – 4 pm	Forks

Bloodborne Pathogens Training:

2 – 2.5 hours. **Fee:** \$20. **Prerequisite:** None.

Designed to meet the Washington State Bloodborne Pathogens training requirements for child care providers, adoptive parents, foster parents and others who require two and half hour HIV/AIDS training. **Available on request basis, call for more details. Certification:**

Valid for 1 year.

Dog & Cat First Aid: 2.5 – 3 hours **Fee:**

\$30. **Prerequisite:** None. Created for conscientious pet owners, our Dog First Aid and Cat First Aid books are full-color reference guides designed to teach you emergency care procedures for cats and dogs. Each guide is packaged with a DVD that demonstrates how to perform many of the first aid steps described in the book; DVDs are closed captioned for the hearing impaired. These materials are a great resource to help build first aid skills, recognized when your pet needs veterinary care, and to provide tips for keeping your pet happy and healthy! **Classes are offered once every quarter.**

Date	Day	Time	Place
May 18	Wed	10 – 1 pm	Sequim

Fundamentals of Instructor Training (FIT):

4 – 6 hours. **Fee:** \$25. **Prerequisite:** None. Course introduce instructor candidates to the history, structure, activities, policies and procedures of the Red Cross, and prepare them to teach specialty courses to diverse populations. This is a prerequisite for all instructor courses within Red Cross. **Certification:** Fundamentals of Instructor Training (FIT) valid for 1 year.

FA/CPR/AED Instructor Training: 16 – 20

hours. **Fee:** Call for more details. **Prerequisite:** Current certification in FIT and certification in Standard First Aid, Adult CPR, and Infant & Child CPR or other current Red Cross instructor certification. Trains candidates to teach all of the following as individual modules or in combination: Adult CPR, Infant CPR, Child CPR, AED and Standard First Aid, Injury Control Modules, and a variety of other related courses.

Participants must attend all 3 days of class.

Certification: Lay Responder in Standard First Aid/CPR/AED Instructor valid for 2 years.

DISASTER COURSES

Disaster Services: An Overview: 3 – 3.5 hours.

Fee: None. Replaces *Introduction to Disaster Services, Fulfilling Our Mission and Mass Care Overview*. The course is designed to provide information about ways participants can help their community prevent, prepare for and respond to emergencies and disasters.

Attendance of the entire course is required to earn a course certificate. **Certification:** Disaster Services: An Overview – valid indefinitely.

Client Casework: 7.5 hours. **Fee:** None.

Prerequisite: Fulfilling Our Mission. Prepare Red Cross employees and volunteers to perform the tasks of an individual Client Services casework service associate, to perform an effective client interview, identify and demonstrate the correct use of the basic forms and tools needed to provide assistance to clients on chapter, multi-chapter and national disaster relief operations, make appropriate decisions regarding the use of Red Cross resources and agency referrals when providing assistance to clients. **Certification:** Client Casework – valid indefinitely.

Shelter Operations: 3 – 3.5 hours. **Fee:** None.

Prerequisite: Community Services/Mass Care Overview. To acquire the knowledge of Red Cross policies and procedures for setting up, running and closing a shelter during a disaster, prepare employees and volunteers to manage shelter operations effectively and sensitively as a team while meeting the needs of people displaced as a result of a disaster. **Certification:** Shelter Operations – valid indefinitely.

Shelter Simulation: 3 - 3.5 hours. **Fee:** None.

Prerequisite: Shelter Operations. Provide participants with an opportunity to apply knowledge, skills and abilities required to operate a successful shelter, demonstrate shelter opening, operating and closing procedures, identify and use available of resources to assist shelter workers, work as a team to provide quality shelter services to clients, address common shelter problems effectively. **Certification:** Shelter Simulation – valid indefinitely.

Certificate Replacement \$ 5.00

Group Classes: For a group of 6 or more at your site or ours, please call (360) 457-7933 to set-up arrangement.

Classes are also available at Port Townsend office for residence of Jefferson County. Please call 360-385-2737 for more details.

Reservations for classes cannot be made until payment is received at the Red Cross office prior to day of class. No refunds will be given for any reason. Cancellations may be re-scheduled

within 3 months. Classes require physical activity - **Participants must be able to get down on the floor to do skills** – please wear comfortable clothing. Please notify the Red Cross of any special accommodations, learning or language needs.

Save \$5 when you register for Adult CPR or Adult CPR Review and Standard First Aid as a package or when you register for Adult CPR, Standard First Aid and Infant & Child CPR as a package.

NEW CHANGES TO FA/CPR/AED

2 years Standard First Aid and CPR certifications.

Free digital Course Materials (i.e. Participant's Manual and Reference Cards) are downloadable at RedCross.org. Students will need Course Materials for reference in class.

Starting February 1, 2011, students will be issued only the Participant's Manual at the class. Students will no longer be issued the Reference Cards. The Reference Cards can be purchase at the chapter or print off on RedCross.org.

Disclaimer: Classes scheduled are subject to change depending on availability of instructors and number of participants registered in each class.