



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: \$45. **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 valid for one year, Standard First Aid valid for three years. Meet OSHA and WISHA requirements.

Date	Day	Time	Place
Apr 10	Sat	9 – 4 pm	Sequim
Apr 24	Sat	9 – 4 pm	Sequim
May 8	Sat	9 – 4 pm	Sequim
May 22	Sat	9 – 4 pm	Sequim
June 5	Sat	9 – 4 pm	Sequim
June 12	Sat	9 – 4 pm	Forks
June 19	Sat	9 – 4 pm	Sequim

Adult CPR: 4 hours **Fee:** \$25. **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:** Adult CPR valid for one year. Meets OSHA and WISHA requirements.

Date	Day	Time	Place
Apr 12	Mon	6 – 10 pm	Sequim
May 4	Tues	6 – 10 pm	Sequim
June 7	Mon	6 – 10 pm	Sequim

Standard First Aid: 2.5 – 3 hours. **Fee:** \$20. **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 3 years. Meets OSHA and WISHA requirements.

Date	Day	Time	Place
Apr 13	Tues	6 – 8:30 pm	Sequim
May 5	Wed	6 – 8:30 pm	Sequim
June 8	Tues	6 – 8:30 pm	Sequim

Infant & Child CPR: 2.5 – 3 hours **Fee:** \$20. **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:** Infant and Child CPR valid for one year.

Date	Day	Time	Place
Apr 15	Thurs	6 – 8:30 pm	Sequim
May 6	Thurs	6 – 8:30 pm	Sequim
June 10	Thurs	6 – 8:30 pm	Sequim

CPR Review/ Challenge: 2.5 – 3 hours **Fee:** \$20/\$15. **Prerequisite:** Proof of American Heart Association or Red Cross Adult CPR certification within last 12 months. You must bring your certificate to the class. To receive renewal of certificate, students must successfully complete both written and skills exams. **Certification:** Adult CPR valid for one year. Meets OSHA and WISHA requirements. **Please call for more information on scheduling a Challenge.**

Date	Day	Time	Place
Apr 6	Tues	6 – 8:30 pm	Sequim
Apr 27	Tues	6 – 8:30 pm	Sequim
May 10	Mon	6 – 8:30 pm	Sequim
May 25	Tues	6 – 8:30 pm	Sequim
June 14	Mon	6 – 8:30 pm	Sequim
June 29	Tues	6 – 8:30 pm	Sequim

CPR/AED for Professional Rescuer: 6.5 – 7 hours. **Fee:** \$55 including CPR Mask. **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 two years.

AED Training: 2 – 2.5 hours **Fee:** \$15 (stand alone), \$10 (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:** AED Training in Adult or Child valid for one year.

SPECIALTY COURSES

Babysitter's Training: 6.5 – 7 hours
Fee: \$30. **Prerequisite:** 11 years of age or older. **Students must bring a non-refrigerated sack lunch/snacks for "All Day" classes (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
May 15	Sat	9 – 4 pm	Sequim
June 12	Sat	9 – 4 pm	Forks

Bloodborne Pathogens Training:
 2 – 2.5 hours. **Fee:** \$15. **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:** \$25. **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!

Date	Day	Time	Place
Apr 20	Tues	6 – 9 pm	Sequim
May 18	Tues	6 – 9 pm	Sequim
June 22	Tues	6 – 9 pm	Sequim

Fundamentals of Instructor Training (FIT):
 4 – 6 hours. **Fee:** Call for more details.

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 one 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 First Aid/CPR/AED Instructor valid for two calendar years.

DISASTER COURSES

Fulfilling Our Mission: 3 – 3.5 hours. **Fee:** None. **Prerequisite:** Introduction to Disaster Services. Enabled participants to translate their care and compassion into community action, assessed how to use their skills and abilities to strengthen the capacity of both the community and the Red Cross to better serve people affected by disaster. **Certification:** Fulfilling Our Mission valid indefinitely.

Community Services/Mass Care Overview: 3 hours. **Fee:** None. **Prerequisite:** Fulfilling Our Mission. Provide an overview of the activities performed by the Mass Care group in support of a disaster relief operation, develop a plan of action for involvement in Mass Care activities at the local Red Cross chapter. **Certification:** Community Service/Mass Care 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 in 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. 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.