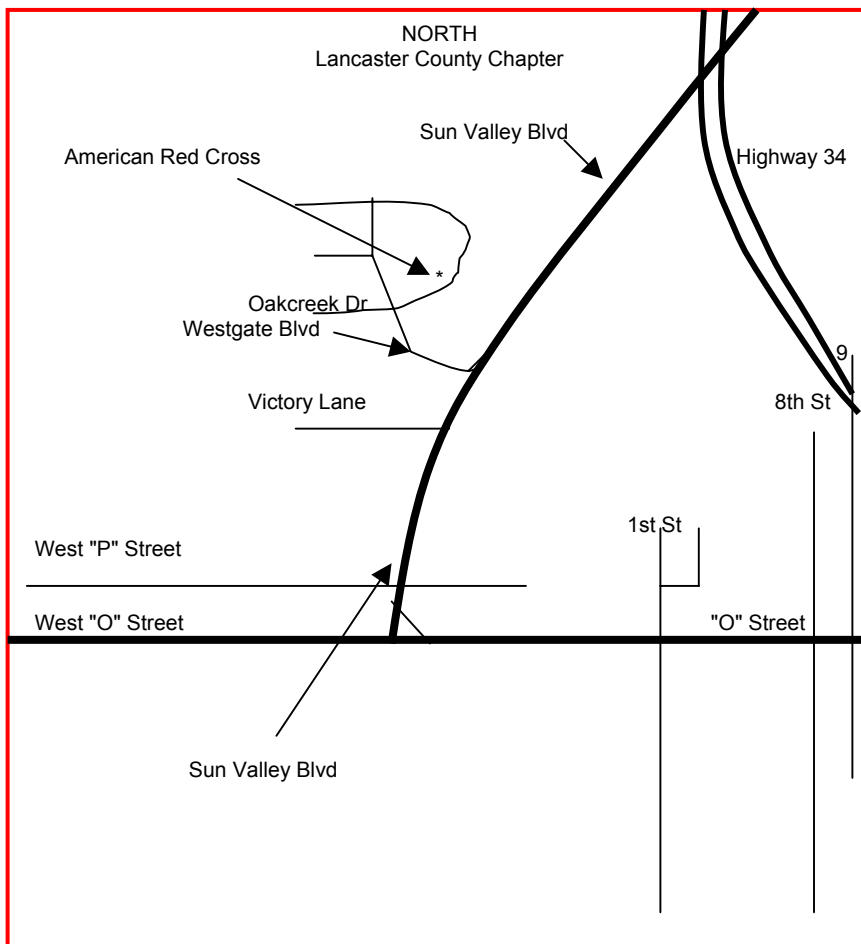




American Red Cross

CPR / AED and First Aid Class Schedule July - December 2002

**Serving the communities of
Lancaster, Saline, and Seward Counties**



How to contact us:

Lancaster County Saline County:

Mailing Address:
American Red Cross
PO Box 83267
Lincoln, NE 68501-3267

Location:
220 Oakcreek Drive
Lincoln, NE 68528

Phone 402-441-7997
Fax 402-441-7016

redcrosslincolnne.org

Seward County:

Mailing Address:
American Red Cross
PO Box 344
Seward, NE 68434

Location:
Seward County Courthouse
529 Seward Street
Seward, NE 68434

Phone 402-646-2150
Fax 402-643-3695

arcseward@alltel.net

Welcome!

At the American Red Cross, we're committed to being your first choice for safety training. As the industry leader, we're dedicated to bringing you the latest, most reliable skills in the way that best supports the needs of your organization. American Red Cross safety training meets the first aid guidelines identified by OSHA, as well as the Emergency Cardiovascular Care 2000 Guidelines. Our classes combine visual, auditory and hands-on training to engage a range of learning styles. To ensure effective training for all, text is easy to read and understand. We hope you enjoy your training experience with the Lancaster County American Red Cross, if we can answer any questions please call.

Registration, Cancellation and Refund Policies

If you are enrolling in classes held at the Lancaster County Chapter (listed as "Lincoln" in the class schedules) please send payment to: PO Box 83267, Lincoln, NE 68501-3267.

Class location will be at: 220 Oakcreek Drive, Lincoln.

The Health and Safety Department can be reached at 402-441-7997 during the hours of 9:00 AM - 4:30 PM, Monday through Friday.

If you are enrolling in classes held in Seward (listed as "Seward" in the class schedules), please send payment to: PO Box 344, Seward, NE 68434.

Class location in Seward will be determined on an individual basis and participants will be notified. The Seward county Representative can be reached at 402-646-2150.

Please Note:

- Advanced registration is required for all classes.
- Payment is required at time of registration.
- You can register by mail, in person or by phone.
- Class enrollment is limited to a first come first serve basis.

- Visa, MasterCard, American Express or Discover is accepted.
- No written confirmation will be sent to verify your attendance on any class.

Refund Policy

Refunds will not be given for no-shows, unsuccessfully completing the course or for course materials. We must receive notification of withdrawal or transfer for classes at **least 48 hours** prior to receive a refund. Students may transfer to another class once without penalty. A \$5.00 processing fee will be assessed if additional transfer occurs.

Cancellations

We reserve the right to change this schedule at any time. Classes not meeting enrollment requirements may be cancelled or rescheduled. In case of severe weather tune into KFOR 1240 AM for cancellations.

Class Requirements

Completion of all standards must be met prior to certification. Students may be asked to show certificates of completion for prerequisites if necessary. Comfortable clothing is suggested, as you will be demonstrating CPR skills on the floor.

PLEASE PRINT (Make all checks payable to the American Red Cross)

Name _____ Daytime phone number _____

Mailing Address _____ City _____ State _____ Zip _____

Class Name _____ Date of Class _____ Registration # _____

2nd Date/Class Preference _____ Date of Class _____ Registration # _____

If paying by credit card, please provide:

Type of Card and number _____ Expiration Date _____

Name of cardholder (if different than student's name) _____

Signature of cardholder _____

☐ Yes! Please send me information on how I can become a volunteer for the American Red Cross!

Training Descriptions



American Red Cross CPR Training is in compliance with the Emergency Cardiovascular Care 2000 Guidelines. You will learn to: call and work with EMS, recognize and care for breathing and cardiac emergencies that call for CPR, perform CPR and care for breathing and cardiac emergencies, avoid bloodborne pathogen exposure and know the role of AEDs in the cardiac chain of survival. Participants who complete the skills and written tests successfully will receive a one-year certification.

American Red Cross First Aid Training is in compliance with OSHA standards. This class will teach you how to: recognize emergency situations, check the scene and call for help, avoid bloodborne pathogen exposure, care for wounds, bone and soft-tissue injuries, head and spinal injuries, burns, heat and cold emergencies. Learn to manage sudden illnesses, stroke, seizure, bites, poisoning and minimize shock. Participants who complete the skills and written tests successfully will receive a three-year certification.

Automated External Defibrillator. Sudden cardiac arrest (SCA) is a leading cause of death in the United States, claiming approximately 250,000 lives each year. When SCA strikes, seconds mean the difference between life and death. With each minute of elapsed time, the survival rate diminishes by approximately 10 percent. Now, with the latest generation of portable automated external defibrillators (AEDs) and training from your American Red Cross, you will be prepared to increase the odds of survival if SCA strikes. AED training teaches anyone how to respond to victims of SCA and deliver the lifesaving electric shock that can return the heart to its normal rhythm. Participants will learn how today's AEDs are easy to use, thereby minimizing response anxiety. Automated External Defibrillator training is taught with all Adult CPR classes.

Which class should you take?

- If you want to know what to do in an emergency to protect your family, friends or anyone... you are a daycare provider, childcare business owner or pursuing a daycare provider licenses... if you are planning to become a CPR and First Aid Instructor you should take **Adult/AED, Child, Infant CPR and First Aid Class.**
- If you have a duty to act in an emergency, for example: Health care professionals, nursing students, law enforcement, EMT, firefighters, etc. you should take **CPR/AED for the Professional Rescuer.**
- If you need to have the training because your job complies with OSHA; you should take **Adult CPR/AED and First Aid.**
- If you have current certification that is about to expire, you may renew your certification with a review course of **Re-certification.**
- If you have current certification or your certification has expired, you may renew your certification through a challenge course by successfully passing both the written and skills test without any practice or coaching. You should take **CPR and First Aid Challenge.**

More Safety Training Solutions for your workplace or facility

Protect your most valuable assets-your employees. Consider the cost of an accident or illness and you will see that safety training is an investment that pays for itself time and again. Safety training can help you contain the expenses associated with on-the-job injuries and illnesses. When it comes to the American Red Cross, you know you are getting the best training available.

Designed for companies of any size, these courses teach emergency response skills based on the latest scientific findings, as stated in the ECC 2000 Guidelines and OSHA First Aid Guidelines. The Lancaster County Red Cross representative will work with you to ensure that course content targets specific issues in your workplace.

Depending on your needs, courses can be presented at your location or your local Red Cross chapter house. Classes can be scheduled to meet your needs. If you have six or more participants we will come to your location and teach your fellow employees on-site.

Adult CPR/AED, Child and Infant CPR and First Aid Training

Combines all of the classes mentioned above in one complete training course. This is an excellent choice if you expect to take all levels of CPR and First Aid. Books are included and will be given to you by the instructor the first night of the class you register for. Successful completion of the class will certify the student for three years in First Aid and one year in CPR/AED. If you only need an Adult/AED CPR class, you can register for any of the classes listed below-Adult/AED CPR is taught the first four hours of any class, or typically the first day. If you only need a First Aid class, they are taught the last four hours of any class or typically the last day of a three-day class. Your American Red Cross Representative can help you register if you have questions. *CPR, First Aid books and skills cards are available in Spanish.*

Adult/AED, Child, Infant CPR and First Aid.....	\$50.00 per person / 10 hours
Adult/AED, Child and Infant CPR (No First Aid).....	\$45.00 per person / 7 hours
Adult/AED CPR only.....	\$40.00 per person / 4 hours
First Aid only.....	\$40.00 per person / 3 hours

Date	Day(s) and Time(s)	Registration #	Location
July 8, 10 and 15	M 6:00-10:00 PM, W 6:00-9:00 PM, M 6:00-9:00 PM	10495	Lincoln
July 13	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)		Seward
July 20	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)	10496	Lincoln
July 23, 25 and 30	T 6:00-10:00 PM, TR 6:00-9:00 PM, T 6:00-9:00 PM		Seward
July 25, 29 and Aug 1	TR 6:00-10:00 PM, T 6:00-9:00 PM, TR 6:00-9:00 PM	10497	Lincoln
August 3 and 4	SA 8:00-12:00 Noon, SU 12:30-6:00 PM	10498	Lincoln
August 10	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)		Seward
August 6, 8 and 13	T 6:00-10:00 PM, TR 6:00-9:00 PM, T 6:00-9:00 PM	10499	Lincoln
August 19, 21 and 26	M 6:00-10:00 PM, W 6:00-9:00 PM, M 6:00-9:00 PM		Seward
August 24	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)	10500	Lincoln
September 3, 5 and 10	T 6:00-10:00 PM, TR 6:00-9:00, T 6:00-9:00 PM	10501	Lincoln
September 7	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)		Seward
September 14 and 15	SA 8:00-12:00 Noon, SU 12:30-6:00 PM	10502	Lincoln
September 16, 18 and 23	M 6:00-10:00 PM, W 6:00-9:00 PM, M 6:00-9:00 PM		Seward
September 19, 23 and 25	TR 6:00-10:00 PM, M 6:00-9:00 PM, W 6:00-9:00 PM	10503	Lincoln
October 1	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)	10504	Lincoln
October 12	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)		Seward
October 16, 21 and 23	W 6:00-10:00 PM, M 6:00-9:00, W 6:00-9:00	10505	Lincoln
October 23, 28 and 30	W 6:00-10:00 PM, M 6:00-9:00, W 6:00-9:00		Seward
October 29, 31 and November 5	T 6:00-10:00 PM, TR 6:00-9:00 PM, T 6:00-9:00 PM	10506	Lincoln
November 9	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)		Seward
November 11, 13 and 18	M 6:00-10:00 PM, W 6:00-9:00 PM, M 6:00-9:00 PM	10507	Lincoln
November 12, 14 and 19	T 6:00-10:00 PM, TR 6:00-9:00 PM, T 6:00-9:00 PM		Seward
November 23	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)	10508	Lincoln
December 3, 5 and 10	T 6:00-10:00 PM, TR 6:00-9:00 PM, T 6:00-9:00 PM	10509	Lincoln
December 9, 11 and 16	M 6:00-10:00 PM, W 6:00-9:00, M 6:00-9:00		Seward
December 14	SA 8:00-6:00 PM (includes a break for lunch, lunch not provided)	10510	Lincoln



Do you know anyone who saved or sustained a life using their American Red Cross CPR or First Aid skills?
We want to know! Please call the American Red Cross at 402-441-7997.

CPR/AED for the Professional Rescuer

This class is designed for any individual who has a duty to respond to emergencies. This class teaches one and two person method of CPR, AED and resuscitation and bag-valve mask. Books and CPR masks are included. Successful completion of this class will certify the student for one year in CPR/AED for the Professional Rescuer.

CPR/AED for the Professional Rescuer.....\$60.00 / 8 hours

Date	Day(s) and Time(s)	Registration #	Location
July 16 and 18	T 6:00-10:00PM, TR 6:00-10:00 PM	10512	Lincoln
July 29 and 31	M 6:00-10:00 PM, W 6:00-10:00 PM	10514	Lincoln
August 10	SA 8:00-5:00 PM (includes a break for lunch, lunch not provided)	10513	Lincoln
August 19 and 21	M 6:00-10:00 PM, W 6:00-10:00 PM	10515	Lincoln
September 7	SA 8:00-5:00 PM (includes a break for lunch, lunch not provided)	10516	Lincoln
September 16 and 18	M 6:00-10:00 PM, W 6:00-10:00 PM	10517	Lincoln
October 7 and 9	M 6:00-10:00 PM, W 6:00-10:00 PM	10518	Lincoln
October 26	SA 8:00-5:00 PM (includes a break for lunch, lunch not provided)	10519	Lincoln
November 4 and 7	M 6:00-10:00 PM, TR 6:00-10:00 PM	10520	Lincoln
November 19 and 21	T 6:00-10:00 PM, TR 6:00-10:00 PM	10521	Lincoln
December 4 and 9	W 6:00-10:00 PM and M 6:00-10:00 PM	10522	Lincoln
December 17 and 19	T 6:00-10:00 PM, TR 6:00-10:00 PM	10523	Lincoln

Did you know...

The Lancaster County American Red Cross sells First Aid Kits
Pocket face masks
Face masks with key chains
Plastic gloves
Face shields

Do you need a speaker at your next event or company meeting?

The American Red Cross can provide speakers for one-hour "lunch-n-learn" sessions, education for company meetings, health fairs, etc. These are non-certification classes. Topics can include: Basic First Aid, CPR and AED. The cost is \$50 per hour plus the cost of any books or materials.

Injury-Control Modules teach skills for reducing costly workplace injuries and illnesses

Focusing on common causes of worksite injuries and key health risks, these one-hour awareness-level modules highlight risks and promote prevention. Self-assessments help employees recognize risky habits. Demonstrations and lively discussions reinforce practical prevention tips. You can schedule these modules as add-ons to any workplace-training course, or make them a "brown bag" lunchtime event open to employees. Participants receive certificates of attendance. The cost is \$50 per one-hour presentation plus \$2.00 per book per student, books are required. Topics include:

Ergonomics + Slips, Trips and Falls + Back Injury Prevention
Workplace Violence Awareness + Managing Stress + Your Heart Matters

Are you interested in purchasing an AED?

Call the Lancaster County Chapter for further information and prices
402-441-7997

CPR and First Aid Challenge

The challenge class is an option for those whose certification is about to expire or if you have a certification from another agency and you require American Red Cross Certification. Persons attending this class should feel comfortable completing the written and skills test without any practice or formal review. Participants can test in Adult, Child and Infant CPR, AED, First Aid and Professional Rescuer CPR. **Professional Rescue participants need to bring their own CPR masks to class.** Masks can be purchased at the American Red Cross, Monday through Friday 9:00-4:30. Successful completion of this class will certify the student for one year in CPR/AED and three years in First Aid.

CPR and First Aid Challenge..... \$25.00 per person / 2 hours minimum

Date	Day(s) and Time(s)	Registration #	Standard	Professional Rescue	Location
July 11	TR 6:00 PM		10524	10552	Lincoln
July 24	W 6:00 PM		10525	10553	Lincoln
August 10	SA 9:00 AM		10526	10554	Lincoln
August 20	T 6:00 PM		10527	10555	Lincoln
August 29	TR 6:00 PM		10528	10556	Lincoln
September 12	TR 6:00 PM		10529	10557	Lincoln
September 24	T 6:00 PM		10530	10558	Lincoln
October 12	SA 9:00 AM		10531	10559	Lincoln
October 30	W 6:00 PM		10532	10560	Lincoln
November 2	SA 9:00 AM		10533	10561	Lincoln
November 14	TR 6:00 PM		10534	10562	Lincoln
December 7	SA 9:00 AM		10535	10563	Lincoln
December 12	TR 6:00 PM		10536	10564	Lincoln
December 16	M 6:00 PM		10537	10565	Lincoln

CPR and First Aid Re-Certification

This class is an option for those whose CPR certification is about to expire. You must show proof of current certification, American Heart Association acceptable within one year of initial training. This class provides a short review and practice before testing. You can test in Adult, Child and Infant CPR, AED, Professional Rescuer CPR and First Aid. **Professional Rescuer participants need to bring their own CPR masks to class.** Successful completion of this class will certify the student for one year in CPR/AED and three years in First Aid.

CPR and First Aid Re-Certification..... \$30.00 per person / 4 hours

Date	Day(s) and Time(s)	Registration #	Standard	Professional Rescue	Location
July 9	T 6:00 -10:00 PM		10538	10566	Lincoln
July 22	M 6:00-10:00 PM		10539	10567	Lincoln
August 1	TR 6:00-10:00 PM		10540	10568	Lincoln
August 15	TR 6:00-10:00 PM		10541	10569	Lincoln
August 27	T 6:00-10:00 PM		10542	10570	Lincoln
September 11	W 6:00-10:00 PM		10543	10571	Lincoln
September 28	SA 9:00-1:00 PM		10544	10572	Lincoln
October 8	T 6:00-10:00 PM		10545	10573	Lincoln
October 28	M 6:00-10:00 PM		10546	10574	Lincoln
November 9	SA 9:00-1:00 PM		10547	10575	Lincoln
November 25	M 6:00-10:00 PM		10548	10576	Lincoln
December 2	M 6:00-10:00 PM		10549	10577	Lincoln
December 18	W 6:00-10:00 PM		10550	10578	Lincoln
December 21	SA 9:00-1:00 PM		10551	10579	Lincoln

CPR/AED and First Aid Instructor



This course trains candidates and gives them the tools necessary to teach the following components: Adult/AED, Infant and Child CPR and First Aid. Current certification is not required, however candidates must have held student level certification within the last two years. Crossover examination required for Professional Rescuer CPR. Students must attend all sessions and pass the course to receive certification. Please call our offices for further information. \$100.00 per student / 16 hours.

Preventing Disease Transmission (Bloodborne pathogens)

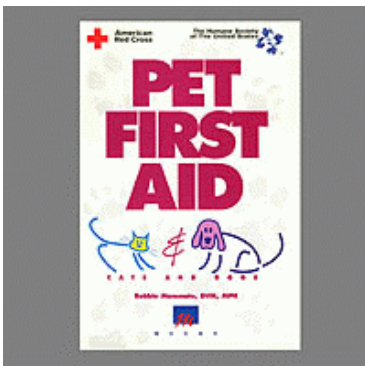
This course combines lecture, demonstrations and video to build awareness of bloodborne pathogens and teach exposure-prevention skills. This course meets OSHA requirements for bloodborne pathogens. \$50.00 per presentation plus \$2.00 per student for book(s) (books are required), 2 hours. *Books also available in Spanish.*

HIV/AIDS Education

To train individuals to share facts about HIV and AIDS accurately, non-judgmentally and sensitively with people from diverse groups and communities and to learn how to encourage people to apply those facts to their own behavior. Educational sessions are available. *HIV/AIDS Fact Book also available in Spanish.* Please call our offices for further information.



Pet First Aid



Are you prepared for an emergency in which the life of your dog or cat may be at stake? Pet First Aid teaches you how to administer immediate help. Learn valuable information you need to help keep your pet safe and act with confidence during an emergency, until you can take your cat or dog to a veterinarian. Pet First Aid Books are available at the Chapter House for \$13.00 each. For further information on a Pet First Aid Class please contact:

Wachal Pet Health Center
Mark Wachal DVM
Dean J. Frey DVM
402-477-7877

Babysitter's Training

This leadership based course for 11 to 15-year-olds teaches how to handle an emergency or illness with first aid and other skills, including responding effectively to life-threatening emergencies, choosing safe and age-appropriate toys and performing basic care routines like diapering, feeding and dressing. For groups of eight or larger a private class can be scheduled. For further information on Babysitter's Training please call our offices.

Have you ever considered becoming a volunteer for the American Red Cross? Please call 402-441-7997 for further information.



Lancaster County Chapter
PO Box 83267
Lincoln, NE 68501-3267

Return Service Requested

Class Information Enclosed