



CPR/First Aid Training

March 30, 2022

PSC Distribution

2nd Floor Training Room

72 Commercial Drive, Iowa City

PRESENTER:

Kate White, Owner and Trainer
National Safety Training Service, LLC

COST: \$90.00 person TIME: 9:00a.m. - 12:30 pm

Certification good for two years

To Register: karyl@hbaofic.org or 319-351-5333

RSVP Required by March 21, 2022

Bloodborne Pathogens

While you may face significant health risks if you come in contact with blood or other potentially infectious materials, our NSTS trainers will teach you how to reduce those risks.

Our certified trainers will show you how to protect yourself and what to do if an exposure occurs. This course specifically covers:

- An introduction to bloodborne pathogens
- Information on common pathogens found in the United States, including the hepatitis and zika viruses and HIV Prevention techniques for infection

The course, which is taught according to your company's Exposure Control Plan, also includes up-to-date information relating to the OSHA Bloodborne Pathogens Standard.

Standard First Aid

This three-hour course will teach you how to respond in a first-aid emergency. Whether it's a simple sprain or a serious emergency, our Standard First Aid course will teach you how to care for an injury or illness until professional help arrives.

This course will cover topics such as:

- Shock
- Burns
- Poisoning

- Bone, joint & muscle injuries
 - Rescuing & moving victims
 - Bleeding & wound care
- And much more

Our certified trainers will teach you the very latest first-aid techniques, giving you the confidence and expertise to help someone in an emergency.

Certifications can be for either two or three years to meet the needs of your budget.

CPR and AED

Nearly every two minutes, someone dies of cardiac arrest. In just one to three hours, you can learn the basics of emergency life support. An NSTS trainer will teach you how to recognize a cardiac emergency, respond appropriately and sustain life.

CPR Training

Learn how to assess the scene of an emergency, perform one-rescuer and two-rescuer CPR and manage a choking victim.

Hands-on AED Training

Learn and use the key operating characteristics of Automated External Defibrillators (AED), as well as proper precautions and maintenance techniques.