

Hands Only CPR & First Aid Training

What is it?

The **Hands Only CPR and First Aid Training** for Non-Healthcare Providers course is a video-based, Instructor-led course that teaches basic lifesaving hands only CPR and emergency response. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions and provide early use of an AED. Hands Only CPR and First Aid Training teaches skills using the **American Heart Association's** proven Practice-While-Watching technique, which allows Instructors to observe participants, provide feedback and guidance.

Course Covers

- 2015 American Heart Association Guidelines
- Concepts of high-quality CPR
- The American Heart Association Chain of Survival
- Early identification of life threatening emergencies

Primary Audience

This course is for non-healthcare professionals who want to know how to perform quality lifesaving hands only CPR skills, in a wide variety of out-of-hospital settings.

- ❖ Family and Friends
- ❖ Schools
- ❖ Faith Based Organizations
- ❖ Sororities and Fraternities
- ❖ Home Owner Associations

Who Are We:

Ms. Natasha Davis is the Trainer with **IBC CPR Training**. She is a certified AHA CPR Trainer and Registered Nurse with a specialization in Emergency and Trauma Care.

Pricing:

\$25 per person - Adults
\$10 per person – High School Students



SAVE A LIFE

LEARN HANDS-ONLY™ CPR

Two steps to save a life:



Call Right Away!



**Push Hard & Fast in
the Center of the Chest**



The AHA Hands Only CPR training is cutting-edge, not only in terms of its evidence-based content, but in its use of a well-tested methodology that can dramatically improve both the learning and retention of basic lifesaving skills.

CPR - Basic Life Support (BCLS)

What is it?

The **Basic Life Support (BLS)** for Healthcare Providers (HCP) Course is a video-based, Instructor-led course that teaches both single-rescuer and team rescuer basic life support. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. BLS for Healthcare Providers teaches skills using the **American Heart Association's** proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills. With their student manual for the course, students receive the new Pocket Reference Card, designed to provide quick emergency information to the rescuer at any time.

Course Covers

- 2015 American Heart Association Guidelines
- Critical concepts of high-quality CPR
- The American Heart Association Chain of Survival
- 1-Rescuer CPR and AED for adult, child and infant
- 2-Rescuer CPR and AED for adult, child and infant
- Bag-mask techniques for adult, child and infant
- Rescue breathing for adult, child and infant
- Relief of choking for adult, child and infant
- CPR with an advanced airway

Primary Audience

This course is for healthcare professionals who need to know how to perform quality CPR, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings.

Who Are We:

Ms. Natasha Davis is the Trainer with **IBC CPR Training**. She is a certified BCLS and ACLS Training and Registered Nurse with specialization in Emergency and Trauma Care.

Pricing:

Standard Non - Group \$100 per person - Initial Training
Non-Group \$85 per person - Renewal Training

****Group Rates & Faith Based Organizations****

\$85 per person - Initial Training & \$75 per person - Renewal Training



The AHA BLS training is cutting-edge, not only in terms of its evidence-based content, but in its use of a well-tested methodology that can dramatically improve both the learning and retention of lifesaving skills.

CPR - Advanced Cardiac Life Support (ACLS)

What is it?

The **American Heart Association's ACLS Course** builds on the foundation of lifesaving BLS for Healthcare Providers skills, emphasizing the importance of continuous, high-quality CPR. This advanced, instructor-led classroom course highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac-arrest care. The ACLS course also covers airway management, EKG Rhythms and related pharmacology. In the ACLS Course, skills are taught in large, group sessions and small, group learning and testing stations where case-based scenarios are presented. Successful course completion includes demonstrating skills competency in all learning stations and passing the CPR and AED skills test, bag-mask ventilation skills test, cardiac rhythms and a written skills test.

Course Covers

- 2015 American Heart Association Guidelines
- Critical concepts of high-quality CPR/Chest Compressions
- The American Heart Association Chain of Survival
- 1 & 2 -Rescuer CPR and AED for adult, child and infant
- Early Recognition and management of adult, child and infant arrhythmias, respiratory arrest and cardiac arrest
- Bag-mask techniques for adult, child and infant
- Airway Management & Related Pharmacology
- Management of acute coronary syndromes (ACS) and Stroke

Primary Audience

This course is for healthcare professionals who need to know how to effectively manage cardiac arrest as well as other lifesaving emergencies in a variety of in-hospital and out-of-hospital settings

Who Are We:

Ms. Natasha Davis is the Trainer with **IBC CPR Training**. She is a certified BCLS and ACLS Training and Registered Nurse with specialization in Emergency and Trauma Care.

Pricing:

Standard Non-Group \$225 per person - Initial Training
Non - Group Rate \$185 per person - Renewal Training
** **Group Training** - \$195 Initial and \$150 Renewal **
Combo Training (BCLS & ACLS) available. Inquire for rates

