

## Health & Safety Classes

The Haywood County Chapter of the American Red Cross is offering the following classes during the months of **February & March**:

### Adult CPR/First Aid

This course covers Adult CPR (CardioPulmonary Resuscitation) and 3 hours of First Aid Basics. Includes life threatening emergencies as well as first aid for bleeding, burns, shock, seizures, etc... A one year certificate for Adult CPR and a three year certificate for First Aid are issued upon successful completion of course. Cost is \$50.00 and includes pocket guide.

### Adult CPR

This Course covers choking, rescue breathing and CPR (CardioPulmonary Resuscitation) for adult victims (ages 12 through adult). One year certificate. Cost is \$35.00.

### Infant/Child CPR

This course covers infant (newborn – 1 year old) and child (between ages 1-12) rescue techniques in choking, rescue breathing and CPR (CardioPulmonary Resuscitation). One year certificate. Cost is \$40.00.

### Standard First Aid

This class will teach individuals the skills needed to recognize and provide care for injuries and sudden illnesses until advanced medical help arrives. CPR and breathing emergencies are not covered in this class. The cost is \$30.00 per person. Certification is good for 3 years.

### Bloodborne Pathogens

Become familiar with the intent of OSHA regulations dealing with disease transmission, HIV, HBV, prevention of transmission and what to do if an exposure occurs. Cost \$20

### Babysitter's Training

This class is designed to teach participants the responsibilities of being a good babysitter. Areas covered include interviewing for the job, responsible decision making, supervision of children, basic care of children and infants, basic first aid and how to keep children and infants safe and how to be prepared to handle medical emergencies. This class is mainly for boys and girls 11 to 15 years of age. Upon completion of the class, participants will earn an American Red Cross Babysitter Certification. We urge participants to also attend an Infant and Child CPR class to become a better trained babysitter. Cost is \$45 and includes a book/CDrom, first aid kit, and a bag.

### Lifeguard Training – Presented by Haywood Regional Fitness Center

The American Red Cross Lifeguard Training course consists of lifeguard training, professional CPR, first aid skills, and preventing disease transmission. The whole course usually takes 25-33hrs. Course participants must be at least 15 years old. They must be good swimmers able to swim 300 yards with front crawl and breaststroke and retrieve a block in 7 feet of water. To successfully complete the course, participants must attend all sessions, score at least 80% on the written test and pass the 3 practical life guarding skills scenarios. Upon successful completion of the course, American Red Cross certificates in Lifeguard Training, CPR/AED and First Aid. The \$175 fee includes Basic Lifeguard/CPR/First Aid.

### Wilderness & Remote First Aid

This class is designed for those who work, live or participate in activities in remote areas – where medical help may be delayed. It provides individuals the knowledge on how to recognize emergencies and to provide care until advanced medical help can reach the injured victim. This is a 16 hour class. A portion of the class is in the field with scenarios simulation. Certification is good for 3 years. Current Certification in Adult CPR is required. Cost is \$125

## February

Course	Date	Time	Location
CPR –Adult Review (must have current certification)	02-03-10	9 A.M. – 1 P.M.	Haywood County Chapter
Bloodborne Pathogens	02-10-10	10 A.M – Noon	Haywood County Chapter
CPR Child and Infant	02-15-10	6 P. M. – 9 P. M.	Haywood County

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Standard First Aid	2-16-10	6 P. M. – 9 P. M.	Haywood County Chapter
CPR-Adult / Standard First Aid	02-26-10	9 A.M. – 5 P.M.	Haywood County Chapter
Babysitting Class	02-27-10	9 A. M. – 4 P. M.	Haywood County Chapter

## **March**

<b>Course</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
CPR –Adult Review (must have current certification)	03-01-10	5 P.M – 9 P.M.	Haywood County Chapter
Bloodborne Pathogens	03-10-10	10 A. M. - Noon	Haywood County Chapter
Lifeguard Training	03-12-10 03-13-10 03-14-10 03-19-10 03-20-10 03-21-10	4 P. M. - 8 P. M. 9 A. M. - 4 P. M. 1 P. M. - 7 P. M. 4 P. M. - 8 P. M. 9 A. M. - 4 P. M. 1 P. M. - 7 P. M.	Haywood Regional Fitness Center
Wilderness First Aid	03-20-10 3-21-10	9 A. M. – 5 P. M. 1 P. M. – 7 P. M.	Haywood County Chapter

To Schedule a class please contact:

Chapter Location – (828) 456-8141

Haywood Regional Health & Fitness Center – (828) 452-8056

For information on other Red Cross Classes, please contact the Haywood County Red Cross at (828) 456-8141 or email [Jo Ellen Dillard](mailto:joellendillard@haywoodredcross.com) at [joellendillard@haywoodredcross.com](mailto:joellendillard@haywoodredcross.com).

### **General Information For ALL Courses**

Class size is limited. Course fees subject to change. **Advance registration & payment is required for ALL courses.** Course information is also available at [www.haywoodredcross.com](http://www.haywoodredcross.com) If the course you request is full, you will be contacted to transfer to a different class that is convenient for you; otherwise, you will not receive enrollment confirmation. The Red Cross reserves the right to cancel a course in the event of insufficient enrollment. Please notify us at least 3 business days prior to the class if unable to attend. American **Red Cross training is non-refundable.** Exceptions can be made in writing within 24 hours to the Health & Safety Department.

**Severe Weather Policy:** If Haywood County Schools are cancelled due to poor weather, our community classes will be cancelled. If there is a delay in the opening of Haywood County Schools, Red Cross classes will be held as scheduled. Call (828) 456-8141 for updated information on classes during inclement weather.