

METROPOLITAN SAFETY COUNCIL

2020 Schedule

NSC First Aid & Adult CPR & AED Course

Wednesday 1/22/20 or
Monday 2/3/20 or
Wednesday 3/11/20 or
Tuesday 4/21/20 or

Monday 5/18/20 or
Tuesday 6/23/20 or
Wednesday 7/22/20 or
Monday 8/17/20 or

Wednesday 9/23/20 or
Tuesday 10/20/20 or
Monday 11/16/20 or
Monday 12/14/20

8 am – 3:30 pm

REGULATORY REQUIREMENTS

The Code of Federal Regulation for General Industry, CFR 1910.151(b) Medical Services and First Aid, states: *“(b) In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid...”* Also, Louisiana Department of Labor Workers’ Compensation 10-Point Safety Plan requires a trained person on every jobsite on every shift. (The full text and clarification of training requirements can be found at <http://www.osha.gov> and http://www.laworks.net/WorkersComp/Safety/OWC_10pointsafety.asp respectively.) With few exceptions, every employer, regardless of size, is required to have enough employees trained in First Aid & CPR to quickly respond to the injuries which can be reasonably expected to occur in the workplace.

IS YOUR COMPANY PREPARED?

National Safety Council’s 7-Hour Standard First Aid, Adult CPR & AED Course meets the CFR 1910.151 OSHA Standard, Coast Guard and most Workers’ Compensation Insurance requirements. Instructors are certified by the National Safety Council.

FACTS AND STATS – Each year in the U.S.

- 47.2 million are treated in hospital emergency rooms because of unintentional injuries
- 169,936 die from unintentional injuries
- 795,000 suffer a stroke, 140,000 die from strokes
- 735,000 suffer a heart attack, 370,000 die from heart attacks

CONTENTS

- Why Learn First Aid/CPR/AED
- Legal Issues
- Disease Precaution
- Intro to Bloodborne Pathogens
- Victim Assessment
- Scene Survey
- Heart Attack & Stroke (Adult CPR)
- Use of AEDs
- Choking
- Shock
- Bleeding & Wound Care
- Serious Injuries
- Splinting & Bandaging
- Poisoning
- Burns
- Heat & Cold Emergencies
- Rescuing & Moving Victims
- Includes Text, DVD & Pocket Guide
- NSC Certificates Valid for 2 Years

FEE PER PERSON (Effective 7/1/19): \$100*

ADD BLOODBORNE & AIRBORNE PATHOGENS. FEE PER PERSON: Add \$30*

- 3:30pm – 4:30pm
- OSHA Standard & Glossary of Terms
- HBV, HCV, HIV & TB
- Influenza Pandemic
- Steps to Reduce Exposure
- Needle Stick Safety & Prevention Act
- Recordkeeping
- Exposure Control Plan
- NSC Certificate Valid for 1 Year (Company-Specific Exposure Control Plan must be covered in-house to meet OSHA 29CFR1910.1030 requirements.)

*NOTE

- Price per person. Advanced registration required. Cancellation may forfeit a portion of course fee.
- On-site classes available. Travel expenses to your facility additional.
- Restrictions apply. Prices subject to change without notice.
- Visit www.metrosafety.org for more information.

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Metropolitan Safety Council, Inc.

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