

METROPOLITAN SAFETY COUNCIL

2021 Schedule

First Aid & Adult CPR Course

Wednesday 1/20/21 or
Tuesday 2/23/21 or
Monday 3/22/21 or
Tuesday 4/20/21 or

Wednesday 5/19/21 or
Monday 6/21/21 or
Tuesday 7/13/21 or
Wednesday 8/18/21 or

Monday 9/20/21 or
Tuesday 10/19/21 or
Wednesday 11/10/21 or
Monday 12/13/21

8:00 am – 3:30 pm at Metropolitan Safety Council

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.

- * 46.5 million are treated in hospital emergency rooms because of unintentional injuries
- * 167,127 die from unintentional injuries
- * 795,000 suffer a stroke (1 every 40 seconds), 140,000 die from a stroke (1 every 4 minutes)
- * 805,000 suffer a heart attack (1 every 39 seconds), 370,000 die from a heart attack (1,000 every day)
- * 62,399 die from poisoning (94% from drug overdoses), 39,404 from motor vehicle crashes, 37,455 from falls

CONTENTS

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

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

- * 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.metro-safety.org for more information.

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

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

Rev. 1/21

Metropolitan Safety Council, Inc.

4200 South I-10 Service Rd W, Suite 140, Metairie, LA 70001

Phone: 504-888-7618 * Fax: 504-888-7612

Email: info@metro-safety.org * Web: www.metro-safety.org