

CPR/AED Course

CPR Saves Lives. Cardio Pulmonary Resuscitation

CPR is a valuable skill to be trained in. It enables you and your employees to save a life with a quick response in the event of an emergency. Many heart attacks, strokes, and cardiac arrests occur in the workplace. It is an employer's responsibility to have all staff, or a designated group of staff members, properly trained and certified in CPR. It is also important to have the proper tools available to perform First Aid and CPR with the use of an AED (automated external defibrillator).

Be Prepared.

Most emergencies (over 1,000 per day in the United States) are Heart Attack deaths that happen outside of a hospital setting, occurring in the home or at the workplace. INC encourages every person to learn CPR and First Aid skills. Training courses are designed to fit the needs of laypeople, businesses and healthcare professionals.

INC and the American Heart Association.

Independent Nursing Care, LLC is a designated training center for the American Heart Association. The goal of INC and the AHA is to reduce death due to heart attack, cardiac arrest, and stroke. Independent Nursing Care, LLC offers the following CPR and First Aid Courses.

- **Heartsaver Adult CPR (2-3 hours):** This course provides instruction on life saving skills, including relief of foreign body airway obstruction for 8 years old and above.
- **Heartsaver Adult CPR/AED (3-4 hours):** This course provides instruction on life saving skills, including relief of foreign body airway obstruction for 8 years old and above. This course also includes Automated External Defibrillator training.
- **Heartsaver Adult, Infant, Child CPR (4-5 hours):** This course provides instruction on life saving skills for all ages.
- **Heartsaver Adult, Infant, Child CPR/AED (5-6 hours):** This course provides instruction on life saving skills for all ages. This course also includes Automated External Defibrillator training for adults and children one year old and above.

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Completing your circle of care

- **Healthcare Provider / Basic Life Support (5-6 hours):** This course provides instruction on Basic Life Support/CPR/AED for all ages. This course is intended for Healthcare Professionals requiring a credentialed course.
- **Heartsaver First Aid (3-4 hours):** This course provides education on how to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. This course can be added to any of the CPR courses listed above.

AED.

The Automated External Defibrillator or AED is a valuable lifesaving tool. Many companies and worksites have purchased one or more AED's. The benefit to having an AED in a nearby location in the event of an emergency, is that immediate use of an AED is more likely to save the life of someone who is in cardiac arrest. Independent Nursing Care can train staff and give instruction on proper use, storage, and maintenance of specific AED's that have been purchased for your worksite.

First Aid.

First Aid Courses may be offered in conjunction with CPR/AED training. This course provides instruction on basic first aid including emergency actions to be taken in the event of head injury, bleeding, trauma, fractures, poisoning and burn care.

Scheduling.

CPR/AED/First Aid Courses are available at flexible and convenient times. If you have at least 6 employees who are in need of CPR/AED or First Aid training, Independent Nursing Care, LLC can conduct this course at your worksite. After successful class completion, all trainees will be issued a 2-year completion card through the American Heart Association. Independent Nursing Care, LLC also offers training courses at our site, which are open to the public. All public courses are listed on our website (www.INCnursing.com).

**Please call Independent Nursing Care to
schedule a CPR/AED/First Aid Course.**

phone: 716.655.8776 toll free: 1.888.264.5854

www.INCnursing.com

**INDEPENDENT
NURSING CARE**

Completing your circle of care