



# 2018 Class Schedule for the American Safety and Health Institute (ASHI) CPR & First Aid Training

In 1960, a group of resuscitation pioneers combined mouth-to-mouth breathing with chest compressions to create Cardiopulmonary Resuscitation, the lifesaving action we now call "CPR." This action, when provided immediately after a sudden cardiac arrest, can double – even triple – a victim's chance of survival.

CPR has saved lives for over 57 years! Never taken a CPR class? Need to renew your CPR certification? We can help!

## Which class do I need?

### **ASHI CPR & AED \* (Adult/Child/Infant)**

This course covers infant, child, and adult CPR (cardiopulmonary resuscitation), AED (automated external defibrillator) training, and procedures for administering aid to choking victims. Students learn to recognize warning signs of heart attack and stroke in adults and breathing difficulties in children. This program teaches rescue breathing with and without the use of barrier devices. Upon completion of the course, students receive a CPR card that is valid for two years from the date of issue.

### **ASHI Basic First Aid \***

This course teaches rescuers to effectively treat ill or injured persons in the critical first minutes until emergency medical services personnel arrive. This course meets and exceeds standards set by the regulating agencies for first aid: Department of Labor & Industries, OSHA, and WISHA. Upon completion of this course, students receive a Basic First Aid card that is valid for two years from the date of issue.

### **ASHI CPR and First Aid \***

This course combines both CPR and First Aid skills into one class. Upon completion of the course, students receive a CPR and First Aid card that is valid for two years from the date of issue.

\* Note: Students are responsible for ensuring class certifications fulfill employer or other requirements. **This class does not meet requirements for healthcare providers.** There is no age limit; however, students must be able to perform correct CPR compressions.

## New 2018 Quarterly Class Schedule, Location and Cost

**All classes are scheduled the third Saturday of the month as indicated**

Feb 17

May 19

Aug 18

Nov 17

### **Class Location**

### Headquarters Station 40

**401 Washington Ave. S. E., Orting WA 98360 Ph. 360-893-2221**

### **Class Times**

ASHI CPR and AED: 9:00am—12:30pm

ASHI Basic First Aid: 1:00—4:30pm

### **Cost (Cash or Check payable to PCFD 18)**

CPR Only:           \$30

First Aid Only:     \$30

CPR & First Aid:   \$60

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