



**American
Red Cross**

American Red Cross
of the Greater Lehigh Valley
Community Course Schedule
July through December 2010

Trained. Empowered. Prepared.

*Helping Everyday
People Save Lives*

- First Aid
- CPR/AED
- Disaster Preparedness
- Babysitter's Training
- Water Safety
- Lifeguarding



American Red Cross Preparedness and Training Course Catalog

As the leader in health and safety training for nearly 100 years, the American Red Cross is today's premier provider of first aid, CPR/AED, water safety, swimming lessons, caregiving training, babysitter's training and other preparedness and training education programs. Developed in conjunction with medical and aquatics experts, each program delivers the latest information and lifesaving techniques.

In Every City, In Every Community, the Red Cross is There Because You Are

The American Red Cross provides relief to victims of disasters at home and abroad, collects and distributes nearly half of the nation's blood supply, teaches lifesaving skills, and supports military members and families. The American Red Cross, a charity and not a government agency, depends on voluntary contributions of time, money and blood to perform its humanitarian mission.



American Red Cross training such as CPR and first aid helps everyday people save lives. Through your participation in our preparedness and training programs, you enable the American Red Cross to provide lifesaving programs and services within our community. We truly value your support!

Attention Businesses:



We offer American Red Cross training on site, or you can send select employees to attend "train-the-trainer" courses, preparing them to provide first aid and CPR/AED training to other staff members. Red Cross workplace safety training is the complete emergency preparedness solution that's smart for your employees and your bottom line. In fact, studies cited by the Occupational Health and Safety Administration (OSHA) show a \$4 to \$6 return for every dollar invested in health and safety training, with improvements in the costs associated with absenteeism, Workers' Compensation claims and productivity. With comprehensive, flexible programs, Red Cross training helps employees stay prepared for virtually any life-threatening situation and meets OSHA First Aid Guidelines.

Choose from Comprehensive Programs Created to Fit a Variety of Needs

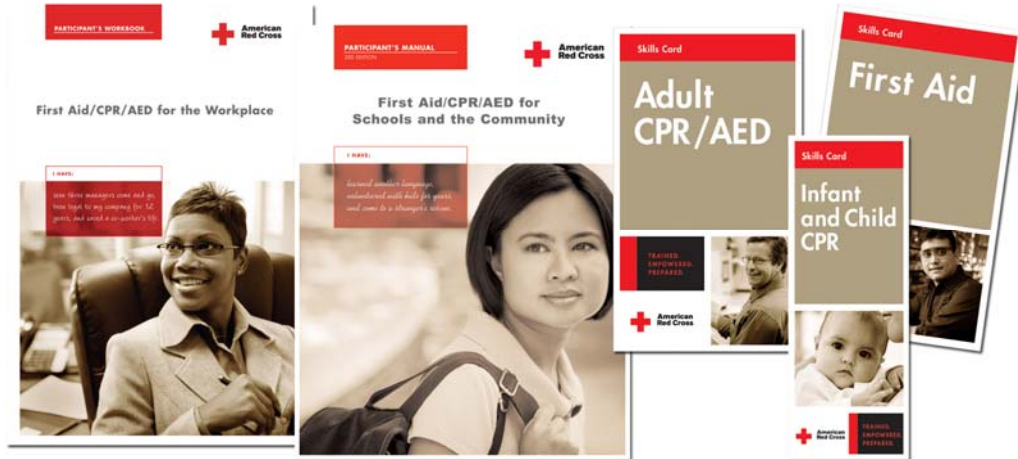
American Red Cross training programs are designed to give you the confidence to respond in an emergency situation with skills that can save a life.

We offer training and volunteer opportunities for all ages. Whether you work with children, want training for a new or existing job, are a professional rescuer or simply want to know how to help someone in an emergency, we can help you build the skills you need. Use the chart below as your guide:

If You:	Take This Course:	See This Page:
Need CPR/AED and first aid certification for a job	Standard First Aid with CPR/AED—Adult	4-5
Need CPR/AED certification for a job	CPR/AED—Adult	5-7
Work with children under the age of 12 and need certification in CPR	CPR—Infant and Child	5-6
Want to become a responsible babysitter	Babysitter's Training	7
Are a firefighter, lifeguard, nurse, police officer or someone else with a professional duty to respond to emergencies and need certification in CPR/AED	CPR/AED for the Professional Rescuer	8
Become an American Red Cross Instructor	Fundamentals of Instructor Training and Lay Responder First Aid/CPR/AED Instructor Course	10

First Aid/CPR/AED Courses

A variety of Red Cross course combinations are available that provide the training that you need in first aid; adult, child and infant CPR; and adult and child AED. All of our courses reflect the latest science for first aid, CPR and emergency cardiovascular care and meet OSHA Guidelines for First Aid, combining lecture, interactive video demonstrations and hands-on training to teach participants lifesaving skills. Course participants also receive useful take-home materials that help you retain skills and serve as an excellent refresher and reference tool after training is complete.



Standard First Aid

Participants learn first aid skills for treating a variety of injuries and sudden illnesses. *This course does not include training in CPR.*

Full Course Fee: \$45.00

Date	Time	Location
July 7, 2010	9 am to 1 pm	Main Office
August 7, 2010	9 am to 1 pm	Main Office
September 15, 2010	6 pm to 10 pm	Main Office
October 9, 2010	9 am to 1 pm	Main Office
November 15, 2010	6 pm to 10 pm	Main Office
December 4, 2010	9 am to 1 pm	Main Office

Standard First Aid with CPR/AED—Adult

This course provides training in first aid, adult CPR and AED skills.

Full Course Fee: \$65.00

Date	Time	Location
July 6 & 8, 2010	6 to 9:30 pm, each evening	Main Office
July 17, 2010	9 am to 5 pm	Main Office
August 14, 2010	9 am to 5 pm	Main Office
August 25 & 27, 2010	6 to 9:30 pm, each evening	Main Office
September 13, 2010	9 am to 5 pm	Main Office
September 25, 2010	9 am to 5 pm	Main Office
October 4 & 6, 2010	6 to 9:30 pm, each evening	Main Office
November 12, 2010	9 am to 5 pm	Main Office
December 11, 2010	9 am to 5 pm	Main Office

Standard First Aid with CPR/AED—Adult and Child plus CPR—Infant

Our most comprehensive training course for lay responders, this course provides first aid and adult, child and infant CPR skills as well as AED for adults and children.

Full Course Fee: \$80.00

Date	Time	Location
July 12 & 19, 2010	5:30 to 10 pm, each evening	Main Office
August 4 & 6, 2010	5:30 to 10 pm, each evening	Main Office
September 20, 2010	9 am to 6 pm	Main Office
October 11 & 18, 2010	5:30 pm to 10 pm, each evening	Main Office
November 13, 2010	9 am to 6 pm	Main Office

CPR/AED—Adult & Child

For individuals who need adult and child CPR and AED training only, this hands-on skills training prepares students to respond to breathing and cardiac emergencies in victims over 1 year of age.

Full Course Fee: \$61.00

Date	Time	Location
July 17, 2010	9 am to 4 pm	Main Office
August 2 & 9, 2010	6 to 9 pm., each evening	Main Office
August 7, 2010	9 am to 4 pm	Main Office
September 24, 2010	9 am to 4 pm	Main Office
October 16, 2010	9 am to 4 pm	Main Office
November 3 & 10, 2010	6 to 9 pm., each evening	Main Office

CPR/AED—Adult

Participants learn adult CPR and AED skills to respond to breathing and cardiac emergencies.

Full Course Fee: \$50.00

Date	Time	Location
July 7 & 9, 2010	6 to 8:30 pm, each evening	Main Office
July 24, 2010	9 am to 2 pm	Main Office
August 16 & 18, 2010	6 to 8:30 pm, each evening	Main Office
September 1, 2010	9 am to 2 pm	Main Office
September 18, 2010	9 am to 2 pm	Main Office
October 23, 2010	9 am to 2 pm	Main Office
November 3, 2010	9 am to 2 pm	Main Office
November 20, 2010	9 am to 2 pm	Main Office
December 18, 2010	9 am to 2 pm	Main Office

CPR/AED—Adult Review

Participants will have a review of information covered in full course with practice time for skills.

Review Course Fee: \$46.00

Date	Time	Location
July 7, 2010	6 to 9 pm	Main Office
August 23, 2010	6 to 9 pm	Main Office
September 14, 2010	6 to 9 pm	Main Office
October 5, 2010	6 to 9 pm	Main Office
November 19, 2010	6 to 9 pm	Main Office
December 13, 2010	6 to 9 pm	Main Office

CPR/AED—Adult & Child plus CPR—Infant

Comprehensive CPR and AED training for victims of all ages.

Full Course Fee: \$70.00

Date	Time	Location
July 14, 2010	9 am to 4:30 pm	Main Office
August 9 & 11, 2010	6 to 9:30 pm, each evening	Main Office
September 18, 2010	9 am to 4:30 pm	Main Office
October 13 & 15, 2010	6 to 9:30 pm, each evening	Main Office
November 20, 2010	9 am to 4:30 pm	Main Office
December 11, 2010	9 am to 4:30 pm	Main Office

CPR/AED—Child plus CPR Infant

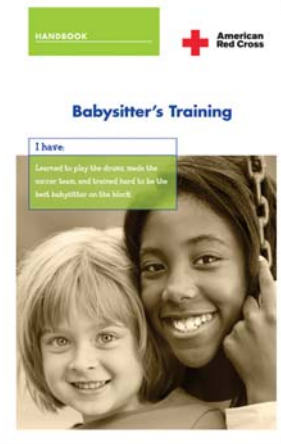
Designed for childcare providers, teachers, parents and others who care for children, this course teaches participants how to recognize and care for breathing and cardiac emergencies in infants and children up to 12 years old. This course includes training in Child AED skills.



Full Course Fee: \$60.00

Date	Time	Location
July 7, 2010	9 am to 3 pm	Main Office
August 7, 2010	9 am to 3 pm	Main Office
September 6 & 8, 2010	6 to 9 pm, each evening	Main Office
October 12, 2010	9 am to 3 pm	Main Office
December 17, 2010	9 am to 3 pm	Main Office

Babysitter's Training



If you're 11 to 15 years old, you can get the knowledge, skills and confidence to care for infants and school-age children. This course has recently been updated, expanded and redesigned for today's babysitters – and includes cool new products to make the course more engaging than ever. This course will teach you how to—

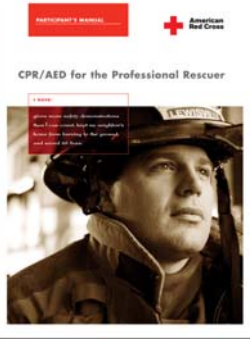
- Care for children and infants.
- Be a good leader and role model.
- Make good decisions and solve problems.
- Keep the children you babysit and yourself safe.
- Handle emergencies such as injuries, illnesses and household accidents.
- Write resumes and interview for jobs.
- And much more!

Course Fee: \$50.00

Date	Time	Location
July 24, 2010	9 am to 4 pm	Main Office
August 11, 2010	9 am to 4 pm	Main Office
September 11, 2010	9 am to 4 pm	Main Office
October 23, 2010	9 am to 4 pm	Main Office
November 13, 2010	9 am to 4 pm	Main Office

Training for Professional Rescuers

American Red Cross professional rescuer courses are designed for people with a job-related duty to respond in an emergency, including nurses, law enforcement, EMS personnel, fire fighters, business and industry emergency response teams, lifeguards, flight attendants, and others who must take action in emergency situations.



CPR/AED for the Professional Rescuer

This course combines a participant's manual, lectures and video with hands-on skills training to cover the following areas:

- Responding to breathing and cardiac emergencies in adults, children and infants
- Using an AED on adult and child victims of cardiac arrest
- Using personal protective equipment to stop bloodborne pathogens and other diseases from spreading

Full Course Fee: \$80.00

Date	Time	Location
July 10, 2010	9 am to 6 pm	Main Office
August 10, 2010	9 am to 6 pm	Main Office
September 7 & 9, 2010	6 to 10 pm, each evening	Main Office
October 14, 2010	9 am to 6 pm	Main Office
November 15 & 17, 2010	6 to 10 pm, each evening	Main Office
December 18, 2010	9 am to 6 pm	Main Office

CPR/AED for the Professional Rescuer Review

For individuals who have taken CPR for the Professional Rescuer within 2 years of date of class. This session will provide a review of information from full course with practice time for skills

Review Course Fee: \$75.00

Date	Time	Location
July 9, 2010	9 am to 4 pm	Main Office
August 14, 2010	9 am to 4 pm	Main Office
September 6 & 8, 2010	6 to 10 pm, each evening	Main Office
October 16, 2010	9 am to 4 pm	Main Office
November 6, 2010	9 am to 4 pm	Main Office
December 6 & 8, 2010	6 to 10 pm, each evening	Main Office

CPR/AED for the Professional Rescuer Challenge

This is a written and skills test only. Successful participants will be recertified in CPR for the Professional Rescuer.

Review Course Fee: \$60.00

Date	Time	Location
July 12, 2010	9 am to 1 pm	Main Office
August 6, 2010	6 to 10 pm	Main Office
September 25, 2010	9 am to 1 pm	Main Office
October 20, 2010	9 am to 1 pm	Main Office

AED (Automated External Defibrillator) Units

In the past year, approximately 250,000 Americans died of sudden cardiac arrest: nearly one death every two minutes. Up to 100,000 of these deaths could have been prevented if someone had initiated the Cardiac Chain of Survival and an automated external defibrillator (AED) had been available for immediate use at the time of the emergency.



**Cardiac Science
G3PLUS**



**Zoll
AED Plus**



**Phillips
FRx**

**If you are interested in learning more about developing an AED program,
purchasing an AED
or scheduling a demonstration,
please contact the
American Red Cross
of the Greater Lehigh Valley
at 610-865-4400, ext. 247
or via e-mail at GLVPT@usa.redcross.org**

Instructor Training

Our train-the-trainer programs allow you to become a Red Cross instructor and train others to save lives. To become an instructor, follow these steps:

- 1) Contact the American Red Cross of the Greater Lehigh Valley Chapter and complete an Application for Authorization to Teach form. A current basic level course certificate for the course you are interested in teaching is recommended.
- 2) Sign up for the Instructor course of your choice.



American Red Cross Instructor Courses

Fundamentals of Instructor Training and Lay Responder First Aid/CPR/AED Instructor, to teach the following courses:

- First Aid/CPR/AED for the Workplace
- First Aid/CPR/AED for Schools and the Community
- Blended Learning First Aid/CPR/AED
- First Aid—Responding to Emergencies
- Sport Safety Training

This comprehensive course covers information in the Fundamentals of Instructor Training, a review of First Aid with CPR/AED-Adult & Child plus CPR-Infant and the full instructor course. Participants are required to attend each session, actively participate in activities throughout the course, successfully complete two teach-backs and pass written examinations and skills tests.

Course fee: \$250.00

Date	Time	Location
July 9 & 12, 2010 <i>and</i> July 13, 14, 15, & 16, 2010	5 to 10 pm, each evening 6 to 10 pm, each evening	Main Office

Build Your Own Training Team—Become an American Red Cross Authorized Provider

An authorized provider agreement lets you offer Red Cross Preparedness and Training programs at your facility or organization, with your own instructors who've completed our "train-the-trainer" courses.

Increase Flexibility

Become an authorized provider and enjoy the convenience of offering courses whenever and wherever you want. Plus, we'll handle many administrative tasks for you, so you can focus on training.

- Address regulatory issues specific to your business or organization.
- Cost-effectively reach large groups.
- Create in-house experts familiar with your emergency procedures and equipment.
- Schedule training on a regular basis—when it's convenient for you.
- Enjoy direct technical support from your local Red Cross chapter.
- Work with America's best instructor training and support system.



Additional Product Offerings

Lifesaving CPR Steps and Steps for Choking Emergencies Posters Stock No. 656704 (CPR Poster)/6567603 (Choking Poster), pkg/5, \$19.75/pkg

These lifesaving posters include color photos of skill steps for responding to a choking or cardiac emergency in an infant, child or adult. **Posters are printed in English on one side and Spanish on the other side.**



American Red Cross CPR Mask with Oxygen Inlet

Stock No. 321369, \$9.95

This FDA-approved, latex-free mask provides protection against transferring fluids between a victim and rescuer. The mask meets American Red Cross requirements for use in Lifeguarding and Emergency Response courses, and is packaged with the supplies needed to properly train and respond to breathing emergencies, including:

- 1 mask with head strap and one-way valve
- 1 replacement one-way valve
- 1 pair of non-latex gloves
- 2 packets alcohol wipes
- 1 instruction guide
- 1 plastic case with waist clip

A Family Guide to First Aid and Emergency Preparedness

Stock No. 656802, \$16.95

Developed specifically for families, this guide covers building a family emergency plan, emergency supplies lists, evacuation plans and first aid emergencies. Includes DVD.



Dog and Cat First Aid

Stock No. 657780/657781, \$16.95/ea

From basic pet owner responsibilities, like spaying, neutering and administering medications to managing breathing or cardiac emergencies and preparing for disasters, Dog First Aid and Cat First Aid offer information and advice pet owners can trust. Both feature an easy-to-use first aid reference guide covering nearly 70 topics and an accompanying DVD that shows how to manage urgent care situations, including car accidents; wounds; electrical shock; and eye, foot and ear injuries.



A Safer Pool Begins Here!

Jointly developed by the American Red Cross and the National Swimming Pool Foundation, Home Pool Essentials™: Maintenance and Safety teaches home pool owners the basics of pool and hot tub maintenance along with strategies for creating a safer environment.

For only \$19.95, you receive 6 months of access to the online course, a printable resource guide and a record of completion.

In about 2 hours, this course provides information to help make pool and hot tub care easier for homeowners as well as steps to help prevent, plan for and respond to emergencies in and around the home pool.

For more information and to register, go to www.HomePoolEssentials.org.

General Information:

What form of payment can I make?

Payment must be made at the time of registration to secure a space in a class. The American Red Cross of the Greater Lehigh Valley accepts MasterCard, VISA and AMEX, checks and money orders. For your protection, please do not mail cash for payment. We cannot bill for a registration.

Will I receive a confirmation – and can I get a receipt?

You will receive a confirmation and receipt by mail once your registration and payment is processed. Remember to verify the date and time of your training session as it appears on your confirmation. Please bring confirmation to class as proof of registration.

Can I take a class if I have a medical condition or a special educational need?

We will work with you to accommodate medical conditions or disabilities as much as possible, although certification requirements vary among classes. It is recommended that you speak to your doctor if you have any concerns about your physical ability to take this class. For more information, or to prearrange a class, call the Preparedness and Training Department at (610) 865-4400, ext. 247 or e-mail GLVPT@usa.redcross.org.

How actively must I participate in class?

You'll learn more—and have more fun—by participating as much as possible. Most classes include videos, group discussions and skills practice that require you to participate in hands-on activities. Since some of the skills practice takes place on the floor, please wear comfortable, non-restrictive clothing.

To receive certification, you must attend all class sessions and pass both skills and written testing.

What if I'm late to class?

Since the core of most programs is taught at the beginning of class, you won't want to miss a minute of class time. We recommend you arrive at least 15 minutes prior to the start of your class. In order to maximize training time, session starting times are firm. Participants will not be admitted to the class if more than 30 minutes late and tardiness may affect certification. If you arrive too late or miss a scheduled class, a re-registration fee may be assessed to register for another class.

Can I transfer to another class? If so, is there a cost?

Yes, you can transfer to another class. There is a transfer fee depending on how quickly you notify us of the transfer.

If you need to transfer to another class, let us know in writing, at least 5 business days in advance. You can send this via e-mail to GLVPT@usa.redcross.org or by post to 2200 Avenue A, Bethlehem, PA 18017. We will make every effort to accommodate your request, but transfers may not be honored if received in less than 5 business days. Here's a breakdown of the fees:

Written request received 5+ business days from start of class	<ul style="list-style-type: none"> • \$15 transfer fee for basic classes; • \$50 transfer fee for instructor and Lifeguarding courses.
Written request received less than 5 business days	Transfer fee equal to 50% of original registration fee.
Do not show up for class or miss 1 or more sessions of multi-day class	Must register for a new class at full registration fee.

NOTE: The American Red Cross assumes no responsibility for arranging makeup classes or issuing refunds for classes missed as a result of illness, emergency or other events beyond our control.

What do I do if I need to cancel my registration? Can I get a refund?

If you need to cancel your registration, let us know in writing, at least 5 business days in advance so we may fill your space. You can send this via e-mail to GLVPT@usa.redcross.org or by post to 2200 Avenue A, Bethlehem, PA 18017. We will make every effort to accommodate your request, but refunds may not be honored if received less than 5 business days.

Written request received 5+ business days from start of class	Eligible for refund of registration fee <i>minus</i> \$15 fee for basic classes; \$50 fee for instructor and Lifeguarding courses.
Written request received less than 5 business days	Refund equal to 50% of original registration fee.
Do not show up for class or miss 1 or more sessions of multi-day class	Not eligible for refund.

NOTE: The American Red Cross assumes no responsibility for arranging makeup classes or issuing refunds for classes missed as a result of illness, emergency or other events beyond our control.

Why do I need to take a pre-test and what happens if I am not successful?

Pre-tests are established to ensure a minimum level of knowledge and/or skill that is necessary for the course.

Participants who do not successfully complete a pre-test (for all Lifeguard Training and Instructor classes), are eligible for a refund of the class fee minus \$50.

Can lost certificates be replaced?

We can send you replacement certificates for any courses taught through the American Red Cross of the Greater Lehigh Valley Chapter as long as your certification is still valid. Simply provide the course name, location and completion dates when making your request. A \$6.00 processing fee will be assessed for each replacement certificate request.

How can I check if my class is running?

In case of inclement weather or other cancellation, please call 610-865-4400 and press ext. 349 from your touch-tone phone. This message is available Monday through Friday after 3:30 p.m. and weekends after 7a.m. during the winter months. All other times, please call 610-865-4400, ext. 247 during regular business hours.

What do I need for class?

Textbooks and all class-related materials are included in the price of the course (unless otherwise noted) and will be distributed at the start of the class. American Red Cross classes are designed so that no advance preparation is required. Since the classes do involve physical activity, it is recommended that you wear comfortable attire suitable for the specific type of class.

Can I get sick using a manikin?

CPR training with manikins is a safe and common practice. According to the Centers for Disease Control, there has never been a reported case of infectious disease transmitted through the use of manikins.

The American Red Cross trains nearly 23 million people annually in lifesaving skills and follows widely accepted guidelines for cleaning and decontaminating training manikins to reduce the risk of disease transmission.

To minimize your risk even further, you should practice good personal hygiene (i.e. frequent hand washing) and follow basic health precautions – especially if you have a condition that would increase the risk of exposure for yourself or other participants.

What if I have a respiratory ailment or other infection?

If training cannot be postponed, you can call our office ahead of time (during regular business hours) and request your own manikin. Your manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures.

Please request your own manikin if you have:

- An acute condition, such as a cold, sore throat or cuts and sores on your hands or around your mouth.
- Tested positive for hepatitis B surface antigen (HBsAg), indicating you are currently infected with hepatitis B virus.
- A chronic infection indicated by long-term positive blood tests for HBsAg or a positive blood test for antibodies to HIV, the virus that causes many severe infections including AIDS.
- A condition that makes you unusually likely to get an infection.

Anti-Discrimination Policy

No person will be excluded from service or classes because of race, ethnic origin, religion, handicap, gender or sexual orientation.

Scholarships

Scholarships are available. Please call the Preparedness and Training Department at 610-865-4400, ext. 247 for more information.

Registration Information

Payment must be made at time of registration to secure a space in a class. Sorry, we cannot bill for registrations. Please register at least 7 days prior to the start date of the class.

Choose from Several Easy Ways to Register:

Online by visiting www.redcrosslv.org. Click on the “Classes” button on the left navigation bar, then the Preparedness and Training link.

Phone (610) 865-4400, ext. 247 and register with a Customer Relations representative. Business hours are Monday through Friday, 8:30 a.m. – 4:30 p.m., excluding major holidays.

Fax the registration form below to (610) 865-5871.

Mail your registration form below (with payment) to:

American Red Cross
of the Greater Lehigh Valley Chapter
2200 Avenue A
Bethlehem, PA 18017

A receipt and course confirmation will be sent to you.

Make check or money order payable to the American Red Cross.

In-Person by bringing your registration form with payment to American Red Cross of the Greater Lehigh Valley, 2200 Avenue A, Bethlehem, PA 18017

Course Registration Form

Course Title: _____

Time: _____

Location: _____ \$ _____ Date: _____

Last Name First Name M.I.

Home Address

City State ZIP

Day Phone Evening Phone

E-mail address

Method of Payment: Check Money Order MasterCard Visa AMEX

Credit Card Number

Exp. Date:	Month	Year	Card Holder's Name
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