

**CALIFORNIA JPIA WORKSHOP DESCRIPTION**

This American Red Cross certified workshop fulfills the requirements for CPR/AED and first aid training as outlined in Cal-OSHA General Industry Safety Orders §3400. The American Red Cross CPR/AED training teaches participants how to respond to victims of sudden cardiac arrest and how to operate an automated external defibrillator (AED). Focusing on typical (AED) equipment, this course features hands on simulation, lectures, and live video demonstrations. The American Red Cross CPR certification is valid for one year; the first aid certification is valid for three years. The Authority offers CPR/AED/First Aid training to the following job classifications: Tree Trimmers, Title 8 CCR GISO §3421; Confined Space Attendants/Entrants, Title 8 CCR GISO §5157; Child Care providers, as required by California Health and Safety Code, Assembly Bill 243; and those employees whose job analyses specifically require CPR certification. Due to the American Red Cross instructor-to-participant ratio, we are unable to accommodate walk-ins.

THE FOLLOWING TOPICS WILL BE COVERED

- The three general steps in the emergency plan
- How to check a conscious or unconscious victim
- Signs and symptoms of a heart attack
- How to give CPR
- How to perform rescue breathing
- AED operation
- Learn to control bleeding; care for muscle, bone, and joint injuries; and provide general care for burns

WHO SHOULD ATTEND

Park and Recreation Employees, Public Works Employees, Public Works – Facilities Maintenance, Public Works – Landscape Maintenance, Public Works – Water/Sanitation, Public Works – Street Maintenance

PRESENTED BY**Marsha McNamara, American Red Cross**

The American Red Cross provides certified instructors who receive standardized instructor training and are highly qualified. The handout materials used by the instructors for training are developed in collaboration with leading educational and medical authorities and reflect the most current information and techniques.

Friday, July 30, 2010

8:00 AM - 4:00 PM

**Location: Lake Forest - Community Rooms at City Hall
25550 Commercentre Drive**