METROPOLITAN SAFETY COUNCIL

First Aid & Adult CPR Course

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…"* For Construction, CFR 1926.50(c) requires a trained first aider on every construction jobsite on every shift. 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 First Aid & Adult CPR Course meets the CFR 1910.151 OSHA Standard, Coast Guard & most Workers' Compensation Insurance requirements. Instructors are certified by the National Safety Council.

FACTS AND STATS – Each year in the U.S.

- 54.5 million are treated in hospital emergency rooms because of unintentional injuries.
- 197,449 die from unintentional injuries.
- 7.8 mission suffer a stroke, 162,000 die from strokes.
- 805,000 suffer a heart attack, 112,700 die from heart attacks.
- 100,304 die from poisoning (93% from drug overdoses), 44,762 from motor vehicle crashes, 175,300 from falls.

CONTENTS

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

FEE PER PERSON (Effective 1/2026): $125*

- 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.metrosafety.org for more information.

ADD BLOODBORNE & AIRBORNE PATHOGENS. FEE PER PERSON: Add $40*

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

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