



# 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...” 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](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 and most Workers’ Compensation Insurance requirements. Instructors are certified by the National Safety Council.

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

- \* 46.5 million are treated in hospital emergency rooms because of unintentional injuries.
- \* 167,127 die from unintentional injuries.
- \* 795,000 suffer a stroke (1 every 40 seconds), 140,000 die from strokes (1 every 4 minutes).
- \* 805,000 suffer a heart attack (1 every 39 seconds), 370,000 die from heart attacks (1,000 every day).
- \* 62,399 die from poisoning (94% from drug overdoses), 39,404 from motor vehicle crashes, 37,455 from falls.

### CONTENTS

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

### FEE PER PERSON (Effective 1/1/2022): \$110\*

- \* 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](http://www.metrosafety.org) for more information.

### ADD BLOODBORNE & AIRBORNE PATHOGENS. FEE PER PERSON: Add \$30\*

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

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