



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 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

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| ✦ 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 6/1/2023): \$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.metro-safety.org for more information.

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

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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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