SierraRescue.com ~ info@sierrarescue.com ~ 530-902-6122

Hello from Sierra Rescue!

Thanks so much for your interest in the 3 hour CPR Course. There is no prerequisite or experience required. One of the most important goals of this course is to have each participant come away from this training with the confidence and competence to actually perform these skills in an emergency situation. Hands-on practice is one of the most important elements in retention and self-confidence.

Each class participant will be given the opportunity to practice the CPR and Airway Obstruction skills they learned about during the class. Each participant will be given their own barrier mask and gloves to protect them from infectious disease. Each person will need to practice the CPR skills demonstrated to receive a certification card. If for any reason they are unable to perform the steps, they may verbally go through the practice steps.

Sierra Rescue presents skills and techniques according to practice guidelines established by the Wilderness Medical Society as outlined in the Wilderness Medical Society Practice Guidelines. The training also follows American Heart Association and OSHA standards. Students completing the course will receive an OSHA Approved CPR Card (good for two years).

WHAT TO BRING!

- **Comfortable clothing**: Please dress for the weather, although it is usually nice in Coloma.

OUTLINE OF THE COURSE:

Basic Life Support and CPR

- Introductions and Paperwork
- How to keep situations from getting worse
- Scene Survey: What to think about first: scene safety, personal safety, method of injury and resources
- Blood Borne pathogens: safety, prevention and body substance isolation, Hep B, AIDs, etc.
- Primary Survey: BLS: Nervous system: brain and spinal cord; Circulatory System, and Respiratory System
- AED Training
- Hands on practice w/scenarios

- CPR testing

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for registering in this class and we look forward to seeing you soon!

Julie Munger & Abigail Polsby
Owners, Sierra Rescue