



YOU-TURN PROJECT

Your Road to Self-Sufficiency

CPR/ FIRST AID TRAINING RATES

Effective August 21, 2009

Choice #1: American Safety and Health Institute: CPR & First Aid for Community and Workplace

Valid: 2 Years

Cost: \$ 60

CPR, Use of AED, Relief of choking, Control of bleeding, Control of Shock-Splinting broken bones, Sprain & strains, Snake bites, Cold emergencies, Heat, emergencies, Sudden illnesses, Heart attack, Seizures, Diabetic emergencies, Poisoning and many more. OSHA, UNITED STATES Coast Guard, labor unions, and government agencies accept this training.

Choice #2: American Heart Association Basic Life Support (BLS) (FOR MEDICAL PROFESSIONALS)

Valid: 2 Years

Cost: \$ 65

Choice #3: American Heart Association Basic Life Support (BLS) & First Aid (FOR MEDICAL PROFESSIONALS)

Valid: 2 Years

Cost: \$ 85

BLS: stands for Basic Life Support. This course is designed to teach the skills of CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device, and oxygen), use of an automated external defibrillator AED, and relief of foreign-body airway obstruction (FBAO). It is intended for participants who provide health care to patients in a wide variety of settings, including in-hospital and out-of-hospital settings. Proficiency in the skills of this course is a prerequisite for AHA advanced courses in resuscitation. The BLS alone will not include First Aid.

Choice # 4: CALIFORNIA 15-HOUR CHILD CARE CLASS (For childcare providers EMSA approved to obtain a childcare license)

Adult & Pediatric CPR & First Aid plus 7 hours of Preventative Health and Safety for Childcare Providers.

Cost: \$115.00

Choice #5: 7 Hour Preventative Health and Safety (For childcare providers who are already certified in First Aid)

Valid: 2 years

Cost: \$65.00

Enroll today! 310.644.9500 ext. 702

www.YouTurnProject.org