



**American Red Cross**

Kern Chapter

## **Health and Safety COURSE SCHEDULE**

**January - March 2010**

American Red Cross – Kern Chapter  
5035 Gilmore Avenue  
Bakersfield, CA 93308  
Phone: 661-324-6427  
Fax: 661-321-0744

[www.kernredcross.org](http://www.kernredcross.org)

The American Red Cross, a humanitarian organization led by volunteers, guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies

La Cruz Roja Americana es una organización humanitaria dirigida por voluntarios y guiada por el Estatuto establecido por el Congreso de los Estados Unidos y los Principios Fundamentales del Movimiento de la Cruz Roja Internacional. Pero, La Cruz Roja Americana no es un organismo gubernamental. Como tal, su misión es ofrecer socorro a las víctimas de desastres, ayudar a la gente a prevenir emergencias, a prepararse para hacerles frente y a responder a ellas.

## How to Register

Red Cross courses taught in the Bakersfield area. After finding the course you want there are many different ways to register. You may register by phone and use your credit card, you may register at our office, or you may register online at [www.KernRedCross.org](http://www.KernRedCross.org). Our office is open Monday through Thursday from 8:00am to 5:00pm and Friday from 8:00 am to 12:00 pm. Make checks or money orders payable to American Red Cross. Do not send cash.

- \* **Pre-registration is required for all classes!**
- \* **You must attend all class sessions and pass all skills and written exams to receive appropriate certification**
- \* **Please arrive for class on time. Students arriving after the start of class may need to reschedule (\$10 rescheduling fee)**
- \* **Bring a snack and drink for classes over 4 hours**

## Online Training

Our classes are available online at [www.KernRedCross.org](http://www.KernRedCross.org). You can complete the online lecture and schedule a skill session (listed below) to complete your certification – **It's THAT easy!**

## Cancelling/Refund

If you do not show up for your class there are **NO REFUNDS**. Our staff will assist you in making the correct class selection but are not responsible for improper class selection; therefore, there will be no refund if you take the wrong class.

## Rescheduling a Class

If for any reason you need to change the date of your class, a **\$10.00 rescheduling fee** will be charged if you do so **PRIOR** to your class. You may pay this fee and reschedule via mail, telephone (by credit cards), or by visiting our office.

## Closed-Captioned

If you need a closed captioned monitor (or other equipment to meet special needs), please let us know ahead of time so we can make arrangements.

## Group Training

If you have a group of 10 or more people, whether you are a business or a group of friends, we can bring the class to you! Group training allows a more flexible option for the same quality training offered at our chapter location.

## Continuing Education Units

The American Red Cross has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET). CEUs are offered as an add-on to training courses completed through the American Red Cross. Obtain Red Cross CEUs online at [www.RedCross.org/store](http://www.RedCross.org/store). Individuals are strongly encouraged to check with their specific regulatory boards, employers or other agencies to confirm that courses taken for IACET CEUs will be accepted by that entity.

## Health Precautions

According to the Centers for Disease Control (CDC), there has never been a reported case of any infectious disease transmitted through the use of CPR mannequins.

Red Cross follows widely accepted guidelines for the cleaning and decontamination of training mannequins. If you have a condition that would increase your risk or another participant's risk of exposure to infection, you will need to request your own mannequin prior to class. Request a separation mannequin if you have:

An acute condition, such as a cold or a sore throat, or open sores on your hands or around your mouth.

- \* If you are currently infected with the Hepatitis B or C virus
- \* Have any other type of infection or condition that would put you **or** those around you at increased risk for an infection.

If you decide you need your own mannequin, please call our 661-324-6427 ahead of time. **You will not be asked to explain the reason for your request. Training in CPR and First Aid requires physical activity.** If you have a condition that prevents you from taking part in the practice sessions, please let your instructor know.

## First Aid Only

To give individuals in the workplace the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. The course does not include information on breathing or cardiac emergencies. **Certificate upon successful completion: Standard First Aid (valid for 3yrs)**

**Course Fee: \$35.00**

Date	Day	Time
Jan 4	Mon	5:45pm – 10:15 pm
Feb 8	Mon	5:45pm – 10:15 pm
March 8	Mon	5:45pm – 10:15 pm
March 22	Mon	5:45pm – 10:15 pm

## Adult, Child, Infant CPR

This course teaches participants how to recognize and care for breathing and cardiac emergencies in infants, children and adults. **Certification upon successful completion: Adult, Child, Infant CPR (valid for 1yr)**

**Course Fee: \$45.00**

Date	Day	Time
Jan 5	Tue	5:45pm – 10:15 pm
Jan 9	Sat	8:30am – 2:30 pm
Jan 23	Sat	8:30am – 2:30 pm
Feb 6	Sat	8:30am – 2:30 pm
Feb 9	Tue	5:45pm – 10:15 pm
Feb 20	Sat	8:30am – 2:30 pm
Mar 6	Sat	8:30am – 2:30 pm
Mar 9	Tue	5:45pm – 10:15 pm
Mar 20	Sat	8:30am – 2:30 pm
Mar 23	Tue	5:45pm – 10:15 pm

## Online Skill Session

To be eligible for a skill session, participants must have already taken and passed the final test online. Participants who do not take and pass the skill session will not be certified

Date	Day	Time
Jan 7	Thu	9am – 1 pm
Jan 28	Thu	4 pm – 8 pm
Feb 4	Thu	9am – 1 pm
Feb 25	Thu	4 pm – 8 pm
Mar 4	Thu	9am - 1 pm
Mar 25	Thu	4pm – 8 pm

## Adult, Child CPR/AED and Infant CPR and Standard First Aid

This comprehensive course includes: Adult, Child, Infant CPR, rescue breathing, choking rescue, and first aid skills including treatment of burns, fractures, sprain, seizures, bleeding control, and sudden illness. **Certificate upon successful completion: Adult, Child CPR/AED Infant CPR (valid for 1yr) Standard First Aid (valid for 3yrs)**

**Course Fee: \$55.00**

Date	Day	Time
Jan 4 & 5	Mon & Tue	5:45pm – 10:15 pm
Jan 9	Sat	8:30 am – 6:00pm
Jan 23	Sat	8:30 am – 6:00 pm
Feb 6	Sat	8:30 am – 6:00 pm
Feb 8 & 9	Mon & Tue	5:45pm – 10:15 pm
Feb 20	Sat	8:30 am – 6:00pm
Mar 6	Sat	8:30 am – 6:00pm
Mar 8 & 9	Mon & Tue	5:45pm – 10:15 pm
Mar 20	Sat	8:30 am – 6:00 pm
Mar 22 & 23	Mon & Tue	5:45pm – 10:15 pm

## Adult, Child, Infant CPR and Standard First Aid

This course also covers first aid and CPR in an approach that complements adult learning styles, featuring hands-on practice and real-life scenarios. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. **Certificate upon successful completion: Adult, Child, Infant CPR (valid for 1yr) Standard First Aid (valid for 3yrs)**

**Course Fee: \$50.00**

Date	Day	Time
Jan 4 & 5	Mon & Tue	5:45pm – 10:15 pm
Jan 9	Sat	8:30 am – 5:30 pm
Jan 23	Sat	8:30 am – 5:30 pm
Feb 6	Sat	8:30 am – 5:30 pm
Feb 8 & 9	Mon & Tue	5:45pm – 10:15 pm
Feb 20	Sat	8:30 am – 5:30pm
Mar 6	Sat	8:30 am – 5:30pm
Mar 8 & 9	Mon & Tue	5:45pm – 10:15 pm
Mar 20	Sat	8:30 am – 5:30 pm
Mar 22 & 23	Mon & Tue	5:45pm – 10:15 pm

**Through your participation in our health and safety programs, you enable the American Red Cross to provide lifesaving programs and services within our community. We truly value your support!**

## Pet First Aid

Learn the symptoms and how to care for common ailments and emergencies in both cats and dogs. Tips on maintaining your pet's health and what to do in life threatening situations

**Certificate upon successful completion: Pet First Aid (valid 1yr)**

**Course Fee: \$50.00**

Date	Day	Time
Jan 12	Tue	5 pm – 9pm
Feb 16	Tue	5 pm – 9pm
Mar 16	Tue	5 pm – 9pm

## Babysitting Training

The Purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of their parents or adult guardians. This training will help participants develop skill in leadership and professionalism: basic care, safety and first aid. **Certificate upon successful completion: Child, Infant CPR (valid 1yr) Babysitting Training (no expiration)**

**Location: NOR Greenacres Community Center  
2014 Calloway Drive Bakersfield CA 93312**

**Course Fee: \$55/\$50 resident**

**To register call 661- 392-2020**

Date	Day	Time
Jan 15 & Jan 16	Fri Sat	6 pm – 9pm 1 pm – 5 pm
Apr 23 Apr 24	Fri Sat	6 pm – 9pm 1 pm – 5 pm

## CPR/AED for the Professional Rescuer

This course combines a participant's manual, lectures and video with hands-on skills training to cover the following areas:

- Responding to breathing and cardiac emergencies in adults, children and infants
- Using an AED on adult and child victims of cardiac arrest
- Using personal protective equipment to stop bloodborne pathogens and other diseases from spreading

**New Two-Year Certification!**

**Participants will receive the CPR/AED for the Professional Rescuer and Healthcare Provider certificate with a validity period of two years.** Lifeguards participating in this course will receive the CPR/AED for Lifeguards certificate valid for one year.

**Course Fee: \$65.00**

Date	Day	Time
Jan 9	Sat	8:30 am – 5:30 pm
Feb 13	Sat	8:30 am – 5:30 pm
Mar 13	Sat	8:30 am – 5:30 pm

## Bloodborne Pathogens

This two-hour training module is designed for individuals who, while on the job, may be exposed to blood or other body fluids that could cause infection. Includes participant's manual. **Certificate upon completion: Bloodborne Pathogens (Valid 1yr)**

**Course Fee: \$30.**

Date	Day	Time
Jan 6	Wed	5 pm – 7 pm
Feb 3	Wed	5 pm – 7 pm
Mar 3	Wed	5 pm – 7 pm



## Instructor Training

To become a Red Cross Health and Safety Instructor, candidates must complete the [HEALTH AND SAFETY CANDIDATE SHEET](#) and complete Fundamentals of Instructor Training (FIT).

It is highly recommended that Instructor Candidate – Complete the basic-level Adult, Child, Infant CPR with AED, First Aid course or other basic-level courses. The Red Cross reserves the right to refuse any Instructor Candidate authorization or reauthorization according to American National Red Cross policies and procedures.

Lay Responder First Aid/CPR/AED Instructor, to teach the following courses:

- First Aid/CPR/AED for the Workplace
- First Aid/CPR/AED for Schools and the Community
- Blended Learning First Aid/CPR/AED
- First Aid—Responding to Emergencies
- Sport Safety Training

**Course Fee: \$175.00**

Date	Day	Time
Feb 6 & 13	Sat	8:30 am – 5:30 pm

## CA: Child Care

This 8 hour course provides training for daycare providers, and individuals to respond to breathing and cardiac emergencies, pediatric first aid and injury prevention. This class meets CA EMSA daycare requirements.

**Certificate upon successful completion: Adult, Child, Infant CPR (valid 1yr), Pediatric First Aid (valid 2yrs), Health and Safety (no expiration)**

**Course Fee: \$55.00**

*CA: Child Care - CPR and Pediatric First Aid*

Date	Day	Time
Jan 22	Fri	8:30 am – 5:30 pm
Feb 26	Fri	8:30 am – 5:30 pm
Mar 26	Fri	8:30 am – 5:30 pm

Provides training for daycare providers about preventing infectious diseases, caring for ill children and checking for immunizations in the child care setting. Fee includes the State approved sticker.

**Course Fee: \$55.00**

*CA: Child Care – Health and Safety*

Date	Day	Time
Jan 23	Sat	8:30 am – 5:30 pm
Feb 27	Sat	8:30 am – 5:30 pm
Mar 27	Sat	8:30 am – 5:30 pm

**Course Fee: \$95**

*CA: Child Care Combine Course*

Date	Day	Time
Jan 22 & 23	Fri & Sat	8:30am – 5:30 pm
Feb 26&27	Fri & Sat	8:30am – 5:30 pm
Mar 26& 27	Fri & Sat	8:30am – 5:30 pm

## Water Safety Today

Designed to help increase safety wherever and whenever water sports are enjoyed. Class is especially important for babysitters and foster care parents who may have a pool or spa on their property. **Certificate upon successful completion: Water Safety Today (no expiration)**

**Course Fee: \$30.00**

Date	Day	Time
Jan 27	Wed	6pm – 8pm
Feb 24	Wed	6pm – 8 pm
Mar 31	Wed	6pm – 8 pm

Shop at <http://www.redcrossstore.org>



### CPR/Standard First Aid Review

This course is for advanced students who have recertified within the past year. Course will cover basic refresher, skills test and written exam. Students should bring in textbooks from previous course and certification. **Certificate upon successful completion: CPR (valid 1yr) Standard First Aid (3 yrs)**

**Course Fee: \$30.00**

Date	Day	Time
Jan 25	Mon	6 pm – 9pm
Feb 22	Mon	6 pm – 9pm
Mar 29	Mon	6 pm – 9pm

### CPR/AED for the Professional Review

This course is for advanced students who have recertified within the past year. Course will cover basic refresher, skills test and written exam. Students should bring in textbooks from previous course or online renewal certification. **Certificate upon successful completion: CPR/AED for the Professional Rescuer and Health Care Provider (valid 2yrs) LIFEGUARDS CPR/AED for the Lifeguards (1 yr)**

**Course Fee: \$40.00**

Date	Day	Time
Jan 6	Tue	4 pm – 10 pm
Feb 3	Tue	4 pm – 10 pm
Mar 30	Tue	4 pm – 10 pm

### Add On Courses

#### Asthma Inhaler Training Lesson

This lesson can be added to First Aid and CPR training and is designed to help individuals learn how to correctly administer an asthma inhaler to a person who is having an asthma attack.

#### Epinephrine Auto-Injector Training Module

This module can be added to First Aid and CPR training and is designed to help individuals learn how to correctly administer an epinephrine auto-injector to a person who is suffering from a severe allergic reaction. Call Office for reservation and price 661-324-6427

### RCP para Adulto, Nino y Bebe

El contenido del curso incluye el conocimiento y las habilidades necesarias para que los participantes identifiquen y prevengan posibles peligros y brinden la atención apropiada en caso de una emergencia. **RCP para adultos, niños y bebés (valido por 1 año) y Primeros Auxilios Estándares (valido por 3 años).**

**Costo: \$50.00**

Fecha	Día	Horario
Ene 8	Vie	9 am – 6 pm
Feb 5	Vie	9 am – 6 pm
Marzo 12	Vie	9 am – 6 pm

### RCP para Adulto, Nino y Bebe y Primeros Auxilios Pediátricos

Este curso de 8 horas, ofrece capacitación para los proveedores de servicios de guardería, y los individuos para responder a las emergencias respiratorias y cardíacas, primeros auxilios pediátricos y prevención de lesiones. Esta clase reúne los requisitos de CA EMSA

**Costo: \$55.00**

RCP y Primeros Auxilios Pediátricos

Fecha	Día	Hora
Feb 19	Vie	9 am – 6 pm

El curso cubre temas sobre la prevención de las enfermedades infecciosas, el cuidado de los niños enfermos y el control de las inmunizaciones en los centros de atención infantil. Los costos incluyen el Estado aprobó etiqueta

**Costo: \$55**

Salud y Seguridad

Fecha	Día	Hora
Feb 20	Sáb.	9 am – 6 pm

**Curso combinado: \$95**

RCP, Primeros Auxilios Pediátricos, Salud y Seguridad

Fecha	Día	Hora
Feb 19 & 20	Vie. & Sáb.	9 am – 6 pm

**RCP para Adultos, Niños, Bebés (valido 1 año), Primeros Auxilios Pediátricos (valido 2 años), Salud y Seguridad (no caduca)**