



## First Aid/CPR/AED

### Course Overview

This comprehensive training equips participants with essential life-saving skills in basic first aid, adult CPR, and AED use. The course follows current guidelines from recognized organizations (e.g., American Heart Association or American Red Cross) and satisfies OSHA recommendations for prompt treatment of injured employees, as well as explicit USACE EM 385-1-1 requirements for first aid/CPR certification on construction and government contract projects. Emphasis is placed on workplace emergencies, including construction hazards, with hands-on practice to build confidence and competence.

### Key Learning Objectives

- Assess emergency scenes and victims safely and effectively
- Perform adult CPR (including chest compressions and rescue breaths)
- Use an Automated External Defibrillator (AED) correctly
- Provide basic first aid for common injuries and medical emergencies
- Recognize and respond to life-threatening conditions (e.g., cardiac arrest, choking, severe bleeding, shock)
- Apply universal precautions and infection control measures



## Course Details

**Course Code:** EMR-MED-101

**Prerequisites:** None

**Format:** Instructor-Led Training

**Duration:** Approximately 8 hours

**Certification:** Recurrent/refresher training is required at least every 2 years.

**Target Audience:** Designated first aid responders required by OSHA 29 CFR 1910.151 or 1926.50 or anyone seeking workplace emergency response training.

**Compliance:** Aligns with OSHA 29 CFR 1910.151 (Medical Services & First Aid) and recommendations for CPR/AED in workplace programs

Satisfies USACE EM 385-1-1 (latest edition) Section 3 requirements for first aid/CPR certification, including current certification from recognized organizations (e.g., AHA or ARC)

## Why Take This Course?

In emergencies, minutes matter. This training can mean the difference between life and death — especially in remote construction sites, high-risk environments, or locations with delayed EMS response. It provides peace of mind, reduces liability, builds team preparedness, and directly supports compliance with federal OSHA and USACE standards. Certified responders help prevent minor injuries from becoming serious and demonstrate employer commitment to safety.

Ready to get certified? Contact us today to schedule your OSHA & EM 385-1-1 compliant First Aid/CPR/AED training — hands-on, practical, and life-saving!