



Environment, Health, & Safety
Training Program

EHS 0123 ~ Adult Cardiopulmonary Resuscitation

Course Syllabus

Subject Category:	Adult CPR	Course Prerequisite:	No
Course Length:	3.0 hours	Medical Approval:	No
Delivery Mode:	Class		
Schedule:	2 sessions per month		
Location:	Bldg. 48-109		*Dress casual for skill practice

Course Purpose: This course prepares employees to take appropriate actions toward providing emergency Cardiopulmonary Resuscitation, rescue breathing and chokesaving to others until professional emergency responders arrive. The course scope also includes information on the signs and symptoms, treatment, and prevention of medical emergencies such as a heart attack, stroke, or other cardiovascular disorders.

Course Objectives:

- Provide information on the signs and symptoms of cardiovascular illnesses that can be precursors to heart attacks.
- Provide information on the prevention of cardiovascular conditions such as elevated cholesterol and hypertension, which contribute to the potential for a heart attack.
- Prepare employees with a background of information regarding the signs, symptoms, and conditions of a cardiovascular emergency, in conjunction with manipulative information to intervene as a first responder.
- Prepare employees with sufficient information and practice to be able to pass a manipulative performance test of CPR skills on a manikin.
- Provide employees with information and practice on rescue breathing and chokesaving skills.

Course Instructional Materials:

- CPR Video: ASHI-CPR for the Community and Workplace
- Manikins (provided by CPR, Etc.)

Instructors:

Alameda County Fire Department
835 East 14th Street, Suite 2000
San Leandro, CA 94577
(510)618-3490

Training contact: Genevieve Pastor-Cohen x7033

Training Compliance Requirements: 8CCR 3203 & 3400

Course Handouts: ASHI First Aid Manual and LBNL Emergency Prep Pocket Guide

Participation Evaluation: Written evaluations regarding the effectiveness of the trainer, the training and the visual aids.

Written Exam: Yes

Practical Exam: No

Retraining/Recertification: Required every two years