WORKPLACE AND COMMUNITY HEALTH AND SAFETY PROGRAMS

www.kirkwood.edu/ce
Kirkwood Community College is a regional American Heart Association-designated Training Center (TC). As a TC, Kirkwood coordinates classes in Basic Life Support (BLS), Advanced Life Support (ACLS) and Pediatric Advanced Life Support (PALS). We also provide Medic First Aid® and EMS training. Instruction is held on Kirkwood campuses across the seven-county area or may be conducted on-site for business, industry and educational institutions.
CPR TRAINING

BLS FOR THE HEALTH CARE PROVIDER (4 hours)
The BLS for the Health Care Provider course is designed to teach the skills of CPR for victims of all ages. Skills include ventilation with a barrier device, bag-valve-mask ventilation, use of an automated external defibrillator (AED) and relief of foreign body airway obstructions (FBAO). This course is intended for participants who provide health care to patients in a variety of settings—including in and out of hospital environments.

HEARTSAVER AED (3.5 – 4 hours)
The Heartsaver AED course teaches the skills of CPR for adult victims. Skills include ventilation with a barrier device, use of an automated external defibrillator (AED) and relief of foreign body airway obstructions (FBAO). The course also teaches how to recognize the signs and symptoms of heart attack, stroke, cardiac arrest and foreign body airway obstruction. The course is intended for first responders, lay responders, general public, and friends and family members of patients at high risk for cardiac arrest.

HEARTSAVER CPR (4 – 6 hours)
The Heartsaver CPR course is a modular course that teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for adults, children and infants. Students learn the warning signs of a heart attack and stroke in adults as well as breathing difficulty in children. The program is divided into three different, age-specific courses:

- Heartsaver CPR for All Ages—Teaches CPR and foreign body airway obstruction relief for adults, children and infants.

- Heartsaver CPR for Adults—Teaches CPR and foreign body airway obstruction relief for adults.

- Heartsaver CPR for Infants and Children—Teaches CPR and foreign body airway obstruction relief for infants (birth to one year) and children (one to eight years).
PALS – PEDIATRIC ADVANCED LIFE SUPPORT (16 hours)
The Pediatric Advanced Life Support class is an advanced-level course designed for physicians, nurses, EMS personnel and all others who provide advanced medical care to pediatric patients on a regular basis. Skills such as Chain of Survival for children, recognition and treatment of respiratory failure and shock, airway management (basic and advanced), fluid therapy and vascular access are covered. Students will also review pediatric cardiac arrhythmias, post-arrest care and stabilization, and trauma resuscitation. Optional modules may include children with special health care needs, toxicology, neonatal resuscitation, rapid sequence intubation, and coping with death and dying. Students will take a pre- and post-test in this course. Eighty-four percent on written post-test and satisfactory completion of all skill stations is needed for successful completion of course.

ACLS – ADVANCED CARDIAC LIFE SUPPORT (16 hours)
The Advanced Cardiac Life Support class is an advanced-level course designed for physicians, nurses, EMS personnel and all others who provide advanced medical care to adult patients on a regular basis. Skills such as the Chain of Survival for adults, the primary and secondary ABCD assessment, recognition and treatment of ventricular fibrillation, asystole, pulseless electrical rhythms, bradycardia, tachycardia with a pulse (stable and unstable), respiratory arrest, and treatment of acute myocardial infarction and stroke will be covered. Students will also review advanced airway management, vascular access, drug therapy and electrical therapy. Students will take a pre- and post-test in this course. Eighty-four percent on written post-test and satisfactory completion of all skill stations is needed for successful completion of course.
Medic First Aid® training programs cover first aid, CPR, AED, blood borne pathogens, emergency oxygen and OSHA safety compliance. Medic First Aid offers easy learning, low stress classes that are tailored to fit individual business and industry needs. Kirkwood Community College offers the following Medic First Aid® courses:

- **Medic First Aid® Basic** – This course allows business, industry and government agency employees to meet OSHA requirements for CPR and first aid training. Using a combination of video, case-based presentation and hands-on skills, participants will learn FBAO, primary survey, activating EMS, the Chain of Survival, CPR, bleeding control and post-incident debriefing.

- **Medic First Aid® Pediatric** – This eight-hour video-based/instructor-facilitated course allows participants to learn first aid and rescue skills appropriate in the care of infants and children, with an emphasis on injury prevention strategies. This flexible course is recommended for parents and day care providers.

- **Medic First Aid® Blood Borne Pathogens** – This course helps facilities comply with OSHA regulations regarding blood borne pathogen training. This video-based/instructor-facilitated course offers training in blood borne pathogens, universal precautions, use of personal protective equipment, exposure reporting procedures, engineering controls and use of an Exposure Control Plan. Participants also learn about clean up, regulated waste, labeling and record-keeping procedures. All participants will receive a successful completion card and certificate.

*Medic First Aid® and the Medic First Aid® logo are registered trademarks of Medic First Aid International, Inc.*
FIRST RESPONDER (60 hours)
The First Responder course follows the national DOT curriculum for first responders. Using lecture and hands-on skills practice, participants will learn basic first aid and life support, patient assessment techniques and EMS operations. Participants who successfully complete this course will be eligible to sit for the state and national practical and written exams.

Prerequisites for this course include CPR certification (health care provider level), and good written and verbal communication skills. Participants must be at least 17 years old on the first day of class.

EMT-B – EMERGENCY MEDICAL TECHNICIAN-BASIC (120 hours)
The EMT-B is the first career-level certification program in EMS. This 120-hour (7 credit hour) program prepares the student for work in fire departments and ambulance services. Many individuals also take this course for personal knowledge or to enhance their marketability in other jobs. Skills include treatment of wounds and fractures, basic airway management and automated defibrillation. Those who complete the course are eligible for National Registry of EMTs testing at the basic level and Iowa EMT-Basic certification.

Courses are offered each semester. The course typically meets twice a week for 16 weeks depending on the term. In order to be eligible for the EMT-B course, the following pre-requisites apply: Must hold a current CPR for health care provider or CPR for the professional rescuer course completion card. Participants must be at least 17 years of age at the time of enrollment and 18 years of age at the time of testing for the national registry. Must be able to read, write and speak the English language. Must provide documentation of Hepatitis B vaccination (this may include beginning the series). Must also provide evidence of a current 2-step Mantoux (tuberculosis) screening within the last calendar year and tetanus vaccination prior to participation in clinical experiences. Students must also register for the EMT-B clinical class in order to be eligible for certification.

Other EMS classes are available upon request.
For more information or to register for a class, contact Brian Rechkemmer at 319-398-7118 or brian.rechkemmer@kirkwood.edu.