



Raritan Bay Area YMCA
 P.O. Box 148
 Perth Amboy, New Jersey 08862



Raritan Bay Area YMCA Health & Safety Training



Raritan Bay Area YMCA
365 New Brunswick Avenue
Perth Amboy, NJ 08861
(732) 442-3632

**2009 SPRING
 TRAINING SCHEDULE**

American Red Cross CPR for the Professional Rescuer with AED

This course is designed for people with job-related duties in emergency preparedness and response. This includes nurses, law enforcement and EMS personnel, fire fighters, lifeguards, and others who must take action in emergency situations. Students learn with hands-on practice while watching a video about how to respond to breathing and cardiac emergencies with adults, children and infants. Students will receive hands-on training with the Automatic External Defibrillator (AED) on adult and child victims in cardiac arrest. In addition, students will learn how to use protective equipment to prevent blood borne pathogens and other diseases from spreading.
 Fee: \$100.00 (Member) / \$135.00 (Non-Member)
 Course # 9001.000
 Dates: Tuesdays, March 3, 10, 17, 24 6:30 - 9:45 pm

American Red Cross CPR for the Professional Rescuer with AED REVIEW

The purpose of this review is to refresh a person's skills and provide the opportunity to become recertified without having to take the full content course. Students must bring their own manual and CPR mask to class. For students to receive their certifications they must receive a minimum score of 80% on the written exam and pass the emergency skill scenarios.
 Fees: \$75.00 (Member) / \$100.00 (Non-Member) \$35.00 (Mask and Manual)
 Course # 9002.000 Course # 9002.001
 Date: Thurs. Feb. 12 Date: Thurs. March 5
 5:00 - 9:30 pm 5:00 - 9:30 pm

American Red Cross CPR for the Professional Rescuer with AED CHALLENGE

This course is designed for individuals already skilled and knowledgeable with CPR and the use of an AED. Individuals must be prepared to score a minimum of 80% on the written exam and pass the emergency skill scenarios. There is no review, practicing or Instructing offered. Students must bring their own CPR mask. Manuals are not included in this course.
 Fees: \$40.00 (Member) \$20.00 (Mask Fee)
 \$55.00 (Non-Member)
 Course # 9003.000 Course # 9003.001
 Mon., Feb. 16 Tues., March 31
 10:00 am 6:30 pm
 Course # 9003.002 Course # 9003.003
 Thurs., April 16 Tues., May 12
 6:00 pm 6:30 pm



American Red Cross CPR and First Aid for Community or Schools

Participants in this course learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants. Students will also learn basic first aid. This course combines lectures, demonstrations and video with hands-on training and practice. For students to receive their certifications they must receive a minimum score of 80% on the written exams and pass the emergency skill scenarios.
 Fee: \$125.00 (Member) / \$160.00 (Non-Member) per person/ includes course materials
 Course #9004.000
 Dates: Call to set up a training course for your community group or school.

American Red Cross CPR and First Aid for the Workplace

The purpose of this course is to provide participants with the knowledge on how to act and respond to a co-worker, loved one or total stranger appropriately in an emergency situation. This course combines lectures, demonstrations and video with hands-on training and practice. For students to receive their certifications they must receive a minimum score of 80% on the written exams and pass the emergency skill scenarios.
 Fee: \$125.00 (Member) / \$160.00 (Non-Member) per person/ includes course materials
 Course # 9005.00
 Dates: Call to set up a training course for your workplace.

American Red Cross CPR Training for NEW Parents

This course provides new parents or caregivers the knowledge on how to act and respond to an infant's breathing emergencies. Participants will learn infant CPR and how to relieve choking. For students to receive their certifications they must receive a minimum score of 80% on the written exams and pass the emergency skill scenarios.
 Fee: \$85.00 (Member) / \$100.00 (Non-Member) per person/ includes course materials
 Course # 9006.000
 Dates: Tuesday, February 24
 6:30 - 9:45 pm



American Red Cross Lifeguard Management Course

This certification course is geared to teach aquatic managers and lifeguard supervisors how to effectively manage lifeguards and keep patrons, lifeguards and aquatic facilities safe. This newly revised course includes new management topics and additional records and reports, as well as nearly 100 in-service trainings. Participants receive a manual with a CD-ROM full of customizable tools. Course includes student manual. For students to receive their certifications they must receive a minimum score of 80% on the written exams and attend all course sessions and participate all activities.

Fee: \$125.00 (Member) / \$160.00 (Non-Member) per person/ includes course materials

Course # 9007.000	Course # 9007.102
Mon., Feb. 16	Mon., May 4
Mon., Feb. 23	Wed., May 6
5:30 - 9:30 pm	5:30 - 9:30 pm



American Red Cross Bloodborne Pathogens Training: Preventing Disease Transmission

This provides rescuers with an understanding of the intent of the Bloodborne Pathogens regulations issued by OSHA. On how Bloodborne pathogens are spread, precautions to prevent exposure incidents and how to recognize report and follow-up on exposures to infectious materials. This course is intended only to assist employers with meeting the training mandated by OSHA.

Fee: \$45.00 (Member) / \$80.00 (Non-Member) per person/ includes course materials
Course # 9008.000

Monday, February 9, 6:00 - 8:00 pm
Course # 9008.102
Monday, March 16, 6:00 - 8:00 pm



American Heart Association BLS for Healthcare Provider

This course is designed for individuals who work in a healthcare setting and those who are required to take a healthcare provider course for their employment. Upon successful course completion, including written and practical examinations 84% or higher, participants will receive an American Heart Association Healthcare Provider CPR card that is valid for 2 years. This course teaches adult, child, and infant techniques. Through video instruction and hands-on practice, participants will learn: how to recognize the signs and symptoms of a heart attack, stroke and the actions to take; how to recognize respiratory and cardiac arrest and how to perform adult rescue breathing, one-rescuer CPR and two-rescuer CPR; how to recognize choking and the technique to relieve a foreign body airway obstruction in conscious and unconscious victims; how to perform rescue breathing using barrier devices; how to perform rescue breathing using barrier devices and bag-valve masks; and the principles of early defibrillation and how to operate an automated external defibrillator.

Fee: \$100.00 (Member) / \$135.00 (Non-Member) per person/ includes course materials
Course # 9010.000

Monday, February 23, 10:00 am - 2:30 pm

American Heart Association Heartsaver CPR/AED

This course teaches CPR and relief of choking in adults, children, and infants with the use of barrier devices. The course is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. Upon successful course completion, including written and practical examinations (84% or higher), participants will receive an American Heart Association Heartsaver CPR card that is valid for 2 years.

Fee: \$100.00 (Member) / \$135.00 (Non-Member) per person/ includes course materials
Course # 9011.000

Monday, April 20, 10:00 am - 2:00 pm



American Red Cross Lifeguard Training courses will be offered this Spring.



Employment Opportunities

The Raritan Bay Area YMCA is committed to providing safe and educational aquatics programs.

To that end, it is important to have responsible, well-trained aquatics professionals guarding our pools. If you are interested in being part of our world class aquatics team, please call (732) 442-3632 or e-mail your resume to jobs@rbaymca.org



Raritan Bay Area YMCA

Spring 2009

Health & Safety Training Schedule

Please fill out this form and return it to:

Raritan Bay Area YMCA

P.O. Box 148

Perth Amboy, NJ 08862

Name _____		
Address _____		
Town _____	Zip _____	
Phone _____	Cell _____	
E-Mail _____	Date of Birth _____	
Course #	Course Name	Fees
_____	_____	_____
_____	_____	_____

Amount Enclosed: _____

Please make checks payable to:

Raritan Bay Area YMCA

Submit your registration form at least 2 weeks prior to the training to ensure your spot in the class(es).

For more information on trainings, please contact

Rebecca Rivera, Aquatics Director

(732) 442-3632

or

rrivera@rbaymca.org

