

# OSHA Training: CPR/First Aid/AED

## Presented by the New Jersey Water Association

### Course Description

To maintain a healthy and safe work environment, OSHA recommends employees in various industries participate in workplace safety training. Topics to be covered are designed to familiarize workers with OSHA Standards as well as safety and health hazards common to the workplace. This training is designed to be interactive with a goal to educate workers on identifying, avoiding, controlling, and preventing job site hazards.

**Topics to be covered:** CPR/First Aid/AED: This course will train you to administer basic first aid to an injured person until EMS personnel arrive. You will learn how to assess a victim's condition (i.e., breathing emergencies and physical injuries) and treat various types of wounds. The proper technique for cardiopulmonary resuscitation (CPR), use of automated external defibrillators (AEDs), and the critical steps involved in these lifesaving procedures will be covered. This course also provides hands-on training from a certified instructor, as necessary to earn an official CPR certification.

**The material covered is presented over a single day: May 1, 2024.**

### AGENDA:

8:00 - 8:30

8:30 - 10:20

10:20 - 10:30

10:30 - 11:45

11:45 - 12:15

12:15 - 2:20

2:20 - 2:30

2:30 - 3:20

3:20 - 3:30

### LISTED AGENDA APPLIES TO BOTH DAYS

Sign-In

Basics of First Aid (Good Samaritan Laws, Scene & Victim Assessment, First Aid Kits)

**BREAK**

Breathing Emergencies (CAB Method, AED Use, Choking Emergencies, Heimlich Maneuver)

**LUNCH** \* **Please bring your lunch. Lunch will not be provided & there will not be time to go out.**

Physical Injuries (Treating Bleeding, Burn, Lacerations, Strains, Sprains, & Fractures)

**BREAK**

Cardiopulmonary Resuscitation-CPR (When to use, Critical Steps, Statistics, Personal Safety)

**WRAP UP/DISMISSAL**

### INSTRUCTOR:

NJ Safety Services LLC provides consulting, training, re-certification, and calibration services addressing safety plans and workplace safety and emergency preparedness training programs. **Tony Correia** has over 35 years of experience with fire service, medical, and industrial safety training. **Rich Sanders** is a certified NJ EMT/Paramedic since 1977 and is a certified FA/CPR/AED instructor and an American Heart Association instructor with many years of practical experience.

### ACCREDITATION:

**TCH:** 6.0 Safety Training Contact Hours for NJ Licensed Water & Wastewater Operators. **TCH Course #:** -04-022304-31

**CPWM:** 6.0 CPWM (2 Tech, 2 Mgmt., 2 Govt) for NJ Certified Public Works Managers. **CPWM Course #:** DLGS-NJWA-245

### DATE & LOCATION:

May 1, 2024 – Monroe Township Utilities Department, 143 Union Valley Road, Monroe, NJ

### REGISTRATION:

Registration is required and is available at: [www.njwater.org](http://www.njwater.org)

**Plan to arrive at 8:00 am. Latecomers cannot be admitted.**

**Registration is limited. No more than four (4) registrants per employer.**

**If you register and cannot attend, please notify us so we can make room for someone else.**

