



## **CPR & First Aid For Adults and Children Training Programs in Kenya**





## CREATING CONFIDENCE TO CARE

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## Emergency Preparedness and You

After recent events, emergency preparedness is gnawing at the edge of our collective consciousness; it reinforces the need for all of us to be prepared to be self-sufficient in a time of crisis --especially in the magnitude of disasters like the world has seen in the past year. We also face the omnipresent threat of terrorist attacks; each of us may be called upon to help a fellow traveler, possibly in the mist of our daily commute to work or while shopping at our local market. Now is the time to take stock of your personal situation. Are you prepared?

Preparedness goes far beyond having a flashlight, water and a battery-powered radio. Having training in CPR and first aid is critical, as you are likely to be the emergency responder for your family or in your workplace or neighbourhood when Emergency Medical Services are delayed or unavailable.

You can get CPR, AED and first aid training in your area from Emergency First Response. Our training approach to training builds your confidence to provide care when there is a medical emergency - and confidence is everything when a true emergency is at hand. We do this by teaching CPR and first aid skills in a non-stressful learning environment and providing more hands-on skill practice time. General academic information is covered using our independent study materials. This allows the instructor to focus class time on skill development rather than lecture. More practice time means better skill retention, which gives you the confidence to respond in the event of a medical emergency.

Courses are offered East Africa-wide and now is the time to get trained. As the terrible reality of disasters makes us all aware, we are vulnerable, but we are not helpless.



## Creating Confidence to Care

Emergency First Response is the fastest-growing international CPR, AED and first aid training organisation. With more than 31,000 instructors worldwide, Emergency First Response is backed by 36 years of experience in the development and delivery of instructional courses, training materials and educational curricula. Emergency First Response courses have gained widespread international acceptance.

Emergency First Response's course curricula are based on patient care standards as published in the American Heart Association Guidelines 2005 Standards for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care, and the consensus view of the Basic Life Support (BLS) Working Group of the International Liaison Committee on Resuscitation (ILCOR). ILCOR is an international standards group representing most of the world's major resuscitation organisations.

Focused on training the lay rescuer, the Emergency First Response approach to training builds confidence in lay rescuers and increases their willingness to respond when faced with a medical emergency by teaching them the skills they need in a non-stressful learning environment. Participants are also given as much practice as necessary to master and retain these skills.



## Courses Overview

Emergency First Response courses encompass adult, child and infant CPR and first aid skills, and incorporate Automatic External Defibrillator (AED) training and emergency oxygen use. Emergency First Response also offers comprehensive First Aid at Work courses, specifically designed to meet compliance standards for workplace safety courses internationally. Emergency First Response courses are flexible in design to accommodate scheduling and training needs. They can be taught together or alone in any combination.

The Emergency First Response courses build lay rescuer confidence to provide care when faced with a medical emergency. Students learn and practice the same patient care techniques and principles used by medical professionals, but at a lay person level.

## Emergency First Response Primary Care (CPR) Course

Emergency First Response Primary Care (CPR) teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise.

### Primary Care (CPR) skills taught in this course

- Scene Safety Assessment Universal Precautions - Communicable Disease Protection, including barrier use
- Primary Assessment
- Rescue Breathing
- Cardiopulmonary Resuscitation (CPR)
- Conscious and Unconscious Obstructed Airway Management
- Serious Bleeding Management
- Shock Management
- Spinal Injury Management

### Recommended Skills

- Automated External Defibrillator (AED) training
- Emergency Oxygen Use Orientation.



## Emergency First Response Secondary Care (First Aid) Course

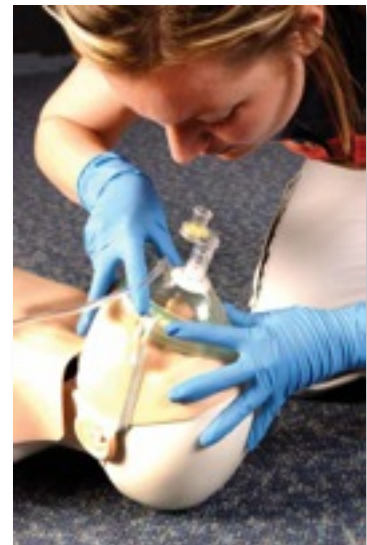
Emergency First Response Secondary Care (first aid) covers injuries or illnesses that are not immediately life threatening. Participants focus on secondary assessment and first aid through knowledge development, skill development and realistic scenario practice.

### Secondary Skills taught in this course

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting for Dislocations and Fractures

Includes Reference Section on the following topics:

Allergic Reactions, Bruises, Burns, Chemical Burns, CPR (adult, child, infant) Choking (adult and infant), Cone Shell Stings, Coral, Jellyfish and Hydroid Stings, Cuts, Dental Injuries, Diabetic Problems, Dislocations and Fractures, Electrical Injuries, Eye Injuries, First Aid Kit Assembly, Fish Spine Injury, Frostbite, Heat Exhaustion, Heatstroke, Heart Attack, Hypothermia, Illness Assessment, Injury Assessment, Insect Stings, Octopus Bites, Poisoning, Rescue Breathing (adult, child, infant) Scrapes, Seizures, Snake Bites, Spider Bites, Sprains and Strains, Stroke, Temperature Related Injuries, Venomous Bites and Stings, and Illness Assessment Record Sheet.





# Emergency First Response Care for Children Course

The Emergency First Response Care for Children course is an innovative CPR, AED and First Aid training course that teaches participants how to provide emergency care for injured or ill children (ages one to eight) and infants less than one year old. Participants learn about the types of medical emergencies that children face, and how they differ from adult conditions. The curriculum also includes the importance of attending to basic emergency situations with children, the emotional aspects of caring for children, secondary care for children, and preventing common injuries and illnesses in children.

Emergency First Response Care for Children course trains the lay rescuer to follow the same priorities of care used by medical professionals. The student masters the priorities and the procedures of patient care for infants and children in a non-stressful learning environment, which reduces the performance anxieties that interfere with learning and enhances confidence when rendering aid in a real medical emergency.



The course includes both primary care (CPR) and secondary care (first aid) skills. The primary care portion of the course prepares the rescuer to render aid to an infant or child with a life-threatening emergency such as choking or cardiac arrest. Secondary care focuses on developing secondary patient care skills and building the rescuer's confidence to render first aid to an infant or child in need when emergency medical services are either delayed or unavailable. The Care for Children course content is based on guidelines from the Pediatric Working Group of ILCOR.

## Care for Children Primary Care Course Content

- Scene Safety Assessment
- Universal Precautions
- Communicable Disease Protection & Barrier Use
- Primary Assessment
- Obstructed Airway Management (child and infant)
- Rescue Breathing (child and infant)
- Cardiopulmonary Resuscitation (child and infant)
- Automated External Defibrillator (AED) use
- Serious Bleeding
- Shock Management
- Spinal Injury Management

## Care for Children Secondary Care Course Content

- Injury Assessment
- Bandaging
- Illness Assessment

## Emergency First Response Automated External Defibrillation (AED) Course

The Emergency First Response Automated External Defibrillation (AED) course builds on the skills learned in the Primary Care (CPR) course to teach the proper AED use. This life saving device can increase a patient's chance of survival from a cardiac arrest by fifty percent. During this course you'll review the basic principles of Primary Care (CPR) and learn how to deploy and use an AED in an emergency situation.

## Emergency First Response Instructor Course

During the Emergency First Response Instructor course, you will build on your skill as an Emergency Responder and focus on developing your instructional abilities to teach these skills to others. The Instructor course provides you with the additional training necessary to teach the Emergency First Response Primary Care (CPR), Secondary Care (First Aid) and Care for Children courses. (Region-specific courses including First Aid at Work Asia Pacific and First Aid at Work Great Britain require additional training.) Through a multi-media approach of independent study, classroom sessions and practical teaching assignments, you learn to conduct Emergency First Response courses.



The instructor course covers specific goals and performance requirements for the Primary Care, Secondary Care and Care for Children courses, along with instruction on how to structure learning, the requirements of performance-based training, and your role as the instructor in the learning environment. You also learn how to motivate students, evaluate student knowledge, present course content effectively, become proficient in developing students' hands-on skills practice sessions, and are taught how to present an effective scenario-based learning experience.

### Prerequisites

To enter the Emergency First Response Instructor course, you must be 18 years old and have completed CPR and first aid training in the past 24 months or a be a practicing medical professional such as a physician, Emergency Medical Technician, Paramedic and Registered Nurse.

## Training Price List

Course	Training Price/ Participant* (€-Euros)	Course Materials and Cert./ Participant (€-Euros)
Primary Care (CPR)	80	35
Secondary Care (First Aid)	50	35
Primary & Secondary Care (Main Course)	118	35
Care for Children	80	35
Primary & Secondary Care + Care for Children	150	50
Primary & Secondary Care + AED	140	35
Emergency First Response Instructor	270	220

\*= Block training discounts for 5 or more participants available. See below

### Block Booking Course Discounts

Number of Course Participants	Discount from Training Price/Participant*
1-5	0%
5-10	10%
10-15	15%
15-20	20%
20-30	25%

\*=Note: Training discount applies to training fees only. Course materials and certification costs/participant remain the same regardless of course numbers

### Course Durations

Course	Duration
Primary Care	½ Day
Secondary Care	½ Day
Primary & Secondary Care	1 Day
Primary & Secondary Care + Care For Children	1 Day
Primary & Secondary Care + AED	1 Day
Emergency First Response Instructor	2 Days



## Training Materials

All of the training materials used on Emergency First Response courses are of the top quality including dedicated CPR mannequins for adult, child and infant patients. We have AED simulators and the training materials include participant manuals for independent study, DVDs and Powerpoint presentations. All courses include instructor-led demonstrations and skill practice and mastery sessions. Personal EFR barrier and first aid kits are available for purchase from our training teams following completion of training.



# Accrediting Organisations

Emergency First Response courses have been approved or meet the following organisations' guidelines for CPR/First Aid training:

## International

1. Canada Occupational Safety and Health
2. Alberta, Canada for Workplace Health and Safety
3. Newfoundland & Labrador, Canada for Workplace Health and Safety
4. British Canoe Union (BCU)
5. Espirito Santo Fire Department, Brazil
6. Italian Resuscitation Council
7. National Strength and Condition Association (NSCA), Japan
8. Scouts Association U.K.
9. SkillsActive - United Kingdom
10. Transport Canada
11. Duke of Edinburgh's Award – United Kingdom
12. SEMICYUC Sociedad Española de Medicina Intensiva, Críticos y Unidades Coronarias (Member of Spanish Resuscitation Council )
13. Department of Community Services (NSW) Australia
14. Department of Communities (QLD) Australia
15. Dept of Education and Training (WA) Australia
16. Queensland Government, Marine Transport Authority, Australia
17. RCNA Endorsement Confirmation, Australia
18. Australia Council for Teaching Swimming and Water Safety (AUTSWIM), Australia
19. NZ Maritime Approval Letter
20. Northwest ( UK) SureStart Care for Children
21. Schweizerischer Hängegleiter-Verband
22. Fédération Suisse de Vol Libre
23. Sport For All – Korea Handball Federation
24. Yacht N Company, Korea
25. Philippine Heart Association Council on CPR
26. Nationally Recognised Training in Australia: HLTCPR201A, HLTF201A, HLTF301B, SRXFAD001A
27. Vocational Education and Training (VET) in Australia
28. Korean Body Guard Martial Arts Association

## United States

1. Aerobics and Fitness Association of America (AFAA)
2. American Council on Exercise (ACE)
3. Boise Idaho Child Care Training Network
4. Cal/OSHA
5. Girl Scouts USA
6. Illinois Department Of Public Health
7. California Board of Chiropractic Examiners
8. Board of Massage Therapy State of Hawaii
9. National Academy of Sports Medicine (NASM)
10. National Oceanic and Atmospheric Association (NOAA)
11. National Strength and Conditioning Association (NSCA)
12. Occupational Safety & Health Administration (OSHA), New Mexico
13. Ohio Job and Family Services
14. United States Association of Blind Athletes (USABA)
15. United States Coast Guard (USCG) for a merchant mariner license
16. Occupational Safety & Health Administration (OSHA), Puerto Rico
17. State of Washington Dept of Labor & Industries Accreditation
18. United States OSHA Region 10 – includes federal jurisdiction for Alaska, Washington, Oregon and Idaho
19. Alaska Department of Health and Social Services
20. California Department of Corrections and Rehabilitation
21. North Carolina DHHS Division of Child Development
22. Maryland Institute for Emergency Medical Services Systems (MIEMSS)
23. State of New York Department of Health PAD training
24. Emergency First Response meets the compliance standards of many additional organisations, including Federal OSHA Guideline 29 CFR 1910.151.
25. American Camp Association.
26. Utah State Parks and Recreation.
27. Michigan DHS, Bureau of Children and Adult Licensing

Emergency First Response meets the compliance standards of many additional organisations, including Federal US OSHA Guideline 29 CFR 1910.15.