



# ABC CPR/First Aid Classes

## Medic First Aid Basic, Version 6.0 Class



Golden Gate Chapter

**Saturday, January 16, 2010**  
**7:30 - 11:30 a.m.**

**ABC Golden Gate Chapter Training Facility**  
4577 Las Positas Rd. Suite C  
Livermore, CA 94551

**SPECIAL Subscribing Employer Rate:**  
**\$45/ person \***

\* Subscribing employers actively training  
ABC apprentices.

**\$65/member**  
**\$98/non-member**

Each class is limited to 20 students.

CPR/First Aid cards will be given to those who  
successfully complete the training.

*This class counts as  
4 hours of continuing education for  
Electrician Certification Renewal.*

### Some of the topics covered:

- Emergency First Aid Care
  - Recognizing an Emergency/Deciding to Help
  - Personal Safety
- Using Barriers
  - Assessing for Response
  - Mechanism for Spinal Injury
  - Activating Emergency Medical Services (EMS)
- Basic Life Supporting Skills
  - Clearing the Airway – Log Roll
  - Protecting the Airway – Recovery Position
  - Circulation – chest compressions
  - Initial Assessment
- Unresponsive Patient
  - CPR for Cardiac Arrest
  - Sudden Cardiac Arrest – using an AED
- Control of Bleeding
- Managing Shock
- Foreign Body Airway Obstruction (choking)
- Ongoing Assessment
  - Warning Signs of Serious Illness
  - Altered Level of Responsiveness
  - Pain, Severe Pressure, or Discomfort in the Chest
  - Breathing Difficulty, Shortness of Breath
  - Severe Abdominal Pain
- Mechanism for Significant Injury
  - Swollen, Painful, Deformed Limb
  - Caring for Specific First Aid Problems
- Moving Patients
- Emotional Impact of providing care



**Instructor: Kevin Crown of**

**THE SAFETY TRAINING COMPANY**

Register online at [www.abcggc.org/calendar](http://www.abcggc.org/calendar) or use form below

Name(s) \_\_\_\_\_

Company \_\_\_\_\_

Enclosed is a check for \$ \_\_\_\_\_ OR  Please charge my \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_ AMEX in the amount of \$ \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Name on CC: \_\_\_\_\_ Card # \_\_\_\_\_

Billing E-Mail (for receipt) \_\_\_\_\_ Exp. \_\_\_\_\_ Sec.# \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Please mail to: ABC-GGC, 4577 Las Positas Road, Unit C, Livermore, CA 94551 or fax (925) 474-1310.

Any questions? Call Shelby McNamara (925) 960-8506 or [shelby@abc-ggc.org](mailto:shelby@abc-ggc.org)

**Cancellation and Refund Policy:** All cancellations must be received at least 72 business hours before the start of the event for refund.