

Standard First Aid (SFA)



First Aid can save lives, reduce recovery time and quite possibly mean the difference between temporary or lifelong disability for the victim. Program participants learn to recognize the signs and symptoms of injuries and sudden illness. Crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reactions, diabetic and seizures is shared. Standard First Aid is the most popular program offered. This nationally accepted program satisfies the requirements of the Occupational Safety & Health Administration (OSHA).

Course Topics:

- Head to Toe Exam
- Bleeding and Wound Care
- Puncture Wounds
- Eye Injuries
- Amputations
- Eversions
- Bandaging Techniques
- Treatment for Shock, Anaphylactic Shock
- Burn Care (Thermal, Chemical and Electrical)
- Musculoskeletal
- Stroke
- Diabetic Emergencies
- Seizures
- Asthma Attacks
- Heart Emergencies
- Question and Answer Session, Skills and Knowledge Testing

Class Materials:

- First Aid Certification Card
- First Aid Manual for each student
- Bandaging Supplies
- 2 Year Access Code to Online Refresher Training

Meets Regulation Requirements:

- 29 CFR 1910.151
- 37 FR 5504

Class Length: 2 HOURS

2 Year Certification