



Classes held at 4080 1st Ave NE  
Lower Level training room  
Cedar Rapids, Iowa 52402

Or we can also come to your location.

Sign up and pay online at [inperson.firstvoicetraining.com](http://inperson.firstvoicetraining.com)

## Instructor-Led Training

CPR, First Aid, AED, and Bloodborne Pathogen (BBP)  
Instructor-Led Training for you and your staff!

### Cardiopulmonary Resuscitation (CPR)

Our CPR Course is designed to teach CPR and relief of foreign body airway obstruction (FBAO) to all lay rescuers, particularly those who are expected to respond to emergencies in the workplace. Participants include security guards, industrial workers, childcare providers, and other lay responders. Although the course may be used to teach CPR to all lay rescuers, it is specifically designed for lay rescuers who are required to obtain a course completion card, a credential that documents the completion of a CPR course. All rescuers are trained in CPR and relief of FBAO.

### First Aid

Our First Aid Course teaches the skills to effectively assess and maintain life from the critical minutes immediately following an emergency until the arrival of emergency personnel. The class teaches lay rescuers to effectively recognize and treat adult and child emergencies.

Designed for persons who may have to respond in their workplace, home, or community – in short, anyone. Some rescuers are required to take this course as part of their employer's OSHA compliance efforts. The First Aid course is an effective and comprehensive first aid training for workers in any industry, as well as private individuals who want to be prepared to render life-saving aid in an emergency.

### Automatic External Defibrillator (AED)

Defibrillation is the treatment of a stopped or faltering heartbeat by an electrical current to the heart. It is the ONLY definitive treatment for Sudden Cardiac Arrest (SCA). Defibrillation administered within four minutes after collapse is most successful; for every minute a victim is unconscious, the prospect of resuscitation decreases by ten percent. After ten minutes the chance of survival is less than one percent.

- Most insurance companies will provide credits when you implement an AED with proper training and policy
- Only defibrillation can reverse SCA

### Bloodborne Pathogen (BBP) / Universal Precautions

A thorough look at reducing the risk of an occupational exposure to blood borne diseases.

- How to understand blood borne diseases and the work practices you must follow to reduce the risk of an occupational exposure
- How to safely disinfect, decontaminate, and dispose of infectious materials
- How to follow proper housekeeping, laundry, and labeling procedures

## Nationally Accredited

-American Heart Association-  
-ASHI - ECSI - HSI - Medic First-  
-National Safety Council-

*"Administered within three minutes, the electric shock (defibrillation) restores the normal rhythm to the victim's heart and can increase survival rates from less than 5 percent to nearly 75 percent. Immediate defibrillation can revive more than 90 percent of victims."*

- OSHA Administrator, John Henshaw

## Courses (2 year certification) \*prices may vary depending on location of training

- Adult CPR & AED Course
- Adult-Child-Infant CPR & AED Course
- First Aid & Bloodborne Pathogens Training Course
- Oxygen Administration
- Adult-Child-Infant CPR, AED, BBP, and First Aid Course
- Automatic External Defibrillator (AED) Course
- Adult CPR/AED/BBP/First Aid Course
- Bloodborne Pathogens Course
- Healthcare Provider BLS Course

For large groups contact us for special pricing.