

OSHA Training: CPR/First Aid/AED

April 22, 2025

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 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 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: April 22, 2025.

AGENDA:

8:00 - 8:30	Sign-In
8:30 - 10:20	Basics of First Aid (Good Samaritan Laws, Scene & Victim Assessment, First Aid Kits)
10:20 - 10:30	BREAK
10:30 - 11:45	Breathing Emergencies (CAB Method, AED Use, Choking Emergencies, Heimlich Maneuver)
11:45 - 12:15	LUNCH * Please bring your lunch. Lunch <u>will not</u> be provided & there will not be time to go out.
12:15 - 2:20	Physical Injuries (Treating Bleeding, Burn, Lacerations, Strains, Sprains, & Fractures)
2:20 - 2:30	BREAK
2:30 - 3:20	Cardiopulmonary Resuscitation-CPR (When to use, Critical Steps, Statistics, Personal Safety)
3:20 - 3:30	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:

April 22, 2025 – Hightstown Fire Dept Hall - 140 North Main St., Hightstown, NJ 08520

REGISTRATION:

Registration is required and is available at: 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.

