

MOUNTAINSIDE HOSPITAL

CPR Training Center

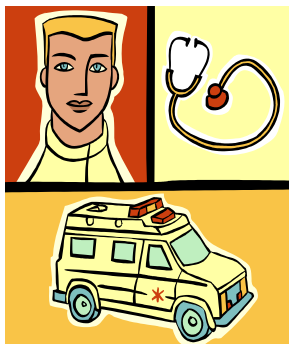
Class Schedule for 2009

Mountainside Hospital's CPR Training Center offers a variety of CPR courses to meet the needs of our community members.

The following is a brief description and dates of courses scheduled for 2009.

A special discount is available for Mountainside Hospital employees and volunteers.

Services provided by Less Stress Instructional Services.



Community CPR and First Aid

Heartsaver Adult/Child/Infant CPR/AED \$45

A modular program designed to teach CPR and relief of choking for adults, children and infants. Includes instruction on defibrillation (AED usage) for adults & children, barrier devices, the causes of injuries and cardio-pulmonary arrest in children. Upon successful completion, a card will be distributed. Specifically designed for lay rescuers whose job requires a credential documenting successful completion of successful skills performance or just concerned parents/guardians. (i.e.: security guards, childcare professionals, athletic trainers, preschool workers or concerned citizens.) **Length: 3 1/2 hours, 9:00 am to 12:30 pm**

Basic First Aid \$35

The Basic First Aid program is designed to familiarize you with how to recognize and respond to common injuries and medical emergencies. Examples of injury topics covered include broken bones, bleeding emergencies, and burns. Medical emergencies discussed include poisoning, asthma, seizures, heart attacks and diabetic emergencies. Upon successful completion, a card will be distributed. Specifically designed for lay rescuers whose job requires a credential documenting successful completion of successful skills performance or just concerned parents/guardians. (i.e.: security guards, childcare professionals, athletic trainers, preschool workers or concerned citizens.) **Length: 3 hours, 1:00 pm to 4:00 pm**

Heartsaver Adult/Child/Infant CPR/AED and Basic First Aid \$60

This class is a combination of CPR and Basic First Aid, with a 30 minute break in between. For a description, see above.

Class Schedule for Community CPR and Basic First Aid

Saturdays February 21, March 7, April 25, May 30, June 27, July 12, August 1, November 7 & December 12, 2009

Sundays January 25, September 13 & October 25, 2009

All classes meet at Mountainside Hospital,
Nursing Education Conference Room, 3rd floor
1 Bay Avenue, Montclair, NJ 07042

**To register or for more information,
please call 973-429-6491.**