



Online CPR/AED and First Aid training for electric utility employees

To help our members mitigate the risks associated with training in a classroom during the pandemic and to provide an inexpensive training option for a variety of utility employees, APA has set up certified online CPR/AED and First Aid training. The cost is \$67.00 per person (if the utility has mannequins). If needed, we can direct you to resources for purchasing mannequins.

This blended training tracks employees' online progress. Employees will view training sessions and test their knowledge through online testing. When finished with the online portion, your employee will be able to finish the course through an online face to face session with APA. Employees who are new to this training or who have not had it in many years can complete it in six hours if their schedules permit them to block out the time in one day. It may take longer if the training is spread out over a few days. Refresher training for those who are certified will be considerably shorter. Employees are encouraged to take notes during the training, they will be able to ask questions during the face to face session, or they may contact us after the sessions.

Course list for MEDIC First Aid BasicPlus

Preparing to Help: First Aid Provider

Preparing to Help: Protecting Yourself

Preparing to Help: Legal Considerations

Preparing to Help: Calling for Help

Preparing to Help: Emergency Moves

CPR and AED: Cardiac Arrest

CPR and AED: Chest Compressions

CPR and AED: Rescue Breaths

CPR and AED: Automated External Defibrillation

CPR and AED: Primary Assessment—Unresponsive Person

CPR and AED: Caring for Cardiac Arrest

CPR and AED: Multiple Provider Approach to CPR

CPR and AED: Choking

Assessment: Primary Assessment—Responsive Person

Sudden Injury: Control of Bleeding

Sudden Injury: Shock

Sudden Injury: Head, Neck, or Back Injury

Sudden Injury: Swollen, Painful, or Deformed Limb

Sudden Injury: Burns

Sudden Injury: Minor Injuries

Sudden Illness: Altered Mental Status

Sudden Illness: Breathing Difficulty, Shortness of Breath

Sudden Illness: Pain, Severe Pressure, or Discomfort in the Chest

Sudden Illness: Poisoning

Environmental Emergencies: Heat Emergencies

Environmental Emergencies: Cold Emergencies

Guide for using online CPR/AED and First aid training offered by APA

1. Purchase CPR mannequins. Considering the costs of shipping, and the manpower it takes to pack them up and deliver to the shipper, owning the mannequins will pay off quickly. Pricing is subject to change.
 - a. APA can order equipment if you do not know what to buy. The most reasonable one we have found is about \$106.00 plus shipping. We recommend the Prestan model for ease of use; it tells you if your rate and depth of compressions are correct. It is the same model we will be using for the hands-on portion of the course. We can not vouch for the CPR Prompt model. If you purchase your own, make sure it has a CPR monitor to notify students they are completing chest compressions correctly. Rental options are possible for about half the cost of purchasing. Everything will be done at cost. Contact Don Maynor for more information: dmaynor@alaskapower.org or 907-250-8560.

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| <p>Prestan Adult Medium Skin Manikin with CPR Monitor</p> <p>Product Code: 9077-MED, PP-AM-100M-MS</p> <p>List Price: \$143.14</p> <p>Quantity: <input type="text" value="1"/></p> <p>Add to Cart</p> |  <p>A photograph of a tan-colored CPR manikin with a blue carrying case and a CPR monitor attached to its chest.</p> | <p>CPR Prompt Manikin with 10 Face Shields/Lungs (Adult/Child)</p> <p>Product Code: TMAN1, LF06001U</p> <p>List Price: \$105.15</p> <p>Quantity: <input type="text" value="1"/></p> <p>Add to Cart</p> |  <p>A photograph of a blue CPR manikin with a white face and a blue carrying case. Labels point to various anatomical features: 'Rib cage/heart notch markings', 'Adam's apple and carotid arteries', 'Shoulder blade landmarks', 'Nipple landmarks', 'Neck marking for Heimlich maneuver/ abdominal thrusts', and 'Unique piston adjusts compression depth as required for adult and child'.</p> |
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2. E-mail APA your students' names, e-mails and inform us where to send invoices. An e-mail will be sent on how to start their class.
3. Give your employees an end date to complete the online portion of the class. Less than one month is best.
 - a. An e-mail will be sent from info@hsi.com with a link to the courses, and a link to schedule the Remote Skills Verification.
4. Let APA know when you want to have the online assessment portion of the course so it can be scheduled.
 - a. The earliest time available is ten days after the online course was assigned.
 - b. When online courses are completed, students will receive an e-mail from the Health & Safety Institute (info@hsi.com) and a link to the remote session.
 - c. Three employees can attend the same session online.
 - d. The remote session will last 60-90 minutes.
 - e. Several sessions can be scheduled the same day.
5. When attending the remote session, have employees bring the AED they would use in an emergency, ventilation devices, dressings, and bandages.
 - a. Child and infant CPR will not be reviewed during the remote session.

FAQs

1. How will I be billed?

A: APA will bill you within 30 days after the course is assigned. You will be billed even if your employee does not complete the course. Your credit card will be charged \$145 for each rental mannequin that has not been returned 15 days after the last attempt to collect the equipment.

2. What is needed to attend the online course?

A: Please be sure that your system meets the following requirements. The Remote Training Session must be launched on a suitable webcam-enabled device. You must also have a stable internet connection capable of at least 3.2Mb outbound and inbound, plus the following:

Operating System

Windows: Windows 7 and later

Mac: MacOS 10.10 and later

Web Browser (Latest Version)

Chrome

Firefox

Microsoft Edge

Safari

3. How do I sign up for the Remote Skills Verification?

A: After you have finished your online courses, go back to your original e-mail and select the second link to schedule. The dates and times are chosen by your employer.

4. Can students use a smartphone for the hands-on skill session?

A: Yes, students can use smartphones with a camera or computers (desktop, tablet, or laptop) that have webcams.

5. Is the online training effective?

A: Yes, we have had good results with the online portion, especially for students who are not new to CPR training and are recertifying. However, we would like to caution you that some videos have been considered graphic to students.

For more information on virtual CPR and First Aid training, contact Don Maynor, Loss Control and Safety Specialist, at dmaynor@alaskapower.org or 907-250-8560.