



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 whose schedules don't correspond with regular training times, APA has set up certified online CPR/AED and First Aid training.

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 less than 3 hours. 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 training and are encouraged to ask questions during the face-to-face session.

Online 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 manikins. Considering the costs of shipping, and the manpower it takes to pack them up and deliver to the shipper, owning the manikins will pay off quickly. Pricing is subject to change so contact us for current pricing if would like to order through us.
 - a. APA can order equipment if you do not know what to buy. We recommend the Prestan model that tells you if your rate and depth of compressions are correct. It is the same model we use 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 possible, expect to be billed for unreturned manikins. Contact Don Maynor for more information: dmaynor@alaskapower.org or 907-250-8560.

<p>Prestan Adult Medium Skin Manikin with CPR Monitor</p> <hr/> <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>CPR Prompt Manikin with 10 Face Shields/Lungs (Adult/Child)</p> <hr/> <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>	
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2. E-mail APA your students' names & e-mails via the **Excel Student Upload form** (we will send this form to you). An e-mail will be sent on how to start classes.
3. Give your employees an end date to complete the online portion of the class. Less than one month is best. This just keeps them on task.
 - 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 sessions available.
 - c. Three employees can attend the same session online. There should be at least 2 in a session.
 - 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, trauma bag, ventilation devices, dressings, and bandages.
 - a. Child and infant CPR will not be required during the remote session. But it will be discussed.

FAQs

1. How will I be billed?

A: APA will bill based on the **Excel Student Upload form**. You will be billed even if your employee does not complete the course.

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.