



“How prepared are you and your employees?”

Workplace Safety Standards and Regulations

Academy of Personal Protection and Security, in its ongoing effort to provide you with the best of all the training you need, in conjunction with the American Heart Association is offering a comprehensive training package tailored to exceed the education and training standards required by state local agencies, insurance companies as well as the most demanding of today’s corporate America. The Academy of Personal Protection and Security offers specialized education classes in home and work place safety to America’s first line of defense.

Our Training Center offers a Professional learning atmosphere where students have the opportunity to receive quality, hands – on, one-on-one instruction in a facility tailored to maximize learning potential.

Here, at the APPS Training Center, our students can avoid the interruptions and distractions of phone calls, faxes and emails, in order to fully concentrate on their training instructions. We do understand, however, that on-site training is often more convenient for our clients, so we offer the same quality instruction wherever we may find a private and adequate location. Furthermore, as we appreciate the value of our clients’ time, we will schedule your training at a time and date most suitable to you and your staff (including nights and weekends).

I have included a list of all the courses we offer, detailing the contents, and certifications of each specific class. Thank you for your interest in our firm, and please contact us should you have any questions regarding enrollment into our TRAINING COURSES.

Sincerely

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Academy of Personal Protection and Security
www.appstraining.com

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336 Hill Ave. * Suite 102
Nashville, TN 37210

Office: (615) 360-6002
Fax: (615) 366-7374



American Heart Association Heartsaver Courses

The Heartsaver CPR courses are designed for the lay rescuers and to promote widespread training of CPR in the workplace, all for an affordable price. AHA courses have been designed to provide an integrated approach to learning that extends from pre-course preparation to the final evaluation. This approach to learning includes the course manual, which will be available for each student during the course, video-based presentation and skills information, watch-then-practice video instruction and scenario-based practice.



Heartsaver CPR - Adult

Course Content:

The Adult Chain of Survival
Recognizing the four major emergencies
Notifying EMS
Establishing an airway
Mouth-to-Mouth / Mouth-to-Mask Ventilations
Checking for signs of Circulation
Chest Compressions
Completing a Cycle of CPR
Relief of a Foreign-Body Airway Obstruction

Valid Certification: 2 Years

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HeartSaver CPR/AED

This is a comprehensive course for the First Responder which is designed to teach CPR and the use of an Automated External Defibrillator (AED). **This course is particularly important for those who are expected to respond to an emergency in the workplace.** Course participants commonly include security guards, firefighters, police, commercial airline crews, family members of patients at high risk for Heart Disease and other lay responders who have access to an AED.

Course Content:

Recognizing Major Emergencies
Adult Chain of Survival
Mouth-to-Mouth and Mouth-to-Mask Ventilations
Performing CPR
Providing Early Defibrillation
Relieving a Foreign Body Airway

Valid Certification: 2 Years

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Heartsaver First Aid

The First Aid course is basic yet effective. If applied correctly First Aid can save lives, reduce recovery time, and make the difference between temporary or lifelong disability. This nationally accepted program is reviewed by and meets the guidelines for the Occupational Health & Safety Administration (OSHA) and the Department of Transportation (DOT).

Course Content:

Good Samaritan Laws
Emergency Response
General Principles of Triage
Head-to-Toe Exams
Standard Precautions
Bleeding Emergencies
General Information on Shock
Burn Care
Strains and Sprains
Splinting
Head, Neck or Spinal Injury
Medical Emergencies
Heat and Cold Related Emergencies

Valid Certification: 3 Years

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Bloodborne Pathogens

This program includes information that will help the students understand what Bloodborne Pathogens are and how to protect themselves and others. Precautionary practices are recommended by organizations such as OSHA and the Center for Disease Control and Prevention (CDC).

Course Content:

OSHA Compliance
Bloodborne Disease
Transmission
Assessing Your Exposure Risk
Standard Precautions
In Case of an Exposure
Exposure Control

Valid Certification: 3 Years

Emergency Oxygen

Serious and life-threatening medical emergencies often cause oxygen to be depleted in the body, leaving the victim at risk for cardiac arrest or damage to the brain. Supplemental oxygen is a critical step in treating a severe or life-threatening illness or injury.

Course Content:

FDA Approval
Regulation
Importance of Emergency Oxygen
Oxygen Safety
Implementing Emergency Oxygen
Good Samaritan Acts

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Course Summary and Cost



- American Heart Association Adult Heartsaver CPR/AED Course Completion Training (2 year)
- Heartsaver First Aid (3 year)
- Bloodborne Pathogen Recognition and Precautions training (3 year)
- Emergency Oxygen Administration Training (3 year)

Total Duration of Class for all Certifications

8 Hours

Total Cost per person for all Certifications

\$80.00

*Each participant will receive a certificate of completion from the Academy of Personal Protection and Security, as well as, course completion cards from the American Heart Association.

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