



**American  
Red Cross**

# *Course Schedule*

January 1 – December 31, 2010

Register for classes online at [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org)

## 2010

### *Cornhusker Regional Chapter*

*Health and Safety Services*

*Serving the Communities of;*

*Fillmore, Lancaster, Otoe, Seward, Saline, Thayer and  
York Counties in Nebraska*

**Learn the Basics  
of CPR  
in One Hour with  
“CPR Made  
Simple”**

**Now Available!  
CPR/AED for the Professional  
Rescuer 2-Year Certification!!!**

**Coming Spring 2010, updated and  
revised –  
Wilderness and Remote First Aid!**

For classes in Fillmore,  
Lancaster, Otoe,  
Seward, Saline, Thayer  
and York Counties  
please contact:  
PO Box 83267  
Lincoln, NE 68501-3267  
Ph: 402-441-6390  
800-388-0370  
Fax: 402-441-7016

[www.CornHuskerRedCross.org](http://www.CornHuskerRedCross.org)

**Trained Empowered Prepared**

## American Red Cross Health and Safety Education Programs Registering for Classes

In 2007, nearly 12 million people in the United States were enrolled in Red Cross Health and Safety courses, learning how to respond to emergencies and keep themselves safer. The American Red Cross is the premier provider of First Aid, CPR/Automated External Defibrillator (AED), Water Safety, Swimming Lessons, Babysitter's Training, and other health and safety education programs. Developed in conjunction with medical and aquatics experts, each program delivers the latest information and lifesaving techniques.

The Cornhusker Regional Chapter of the American Red Cross is a local unit of the American National Red Cross (36 U.S.C. 300102) and operates under the direction of a local Board of Directors. For a list of current Board of Directors, please refer to our web site at: [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org).

### *How do I register and pay for a class?*

Pre-registration is required. Payment is due at time of registration. Registrations can be mailed, delivered in person, faxed, by phone with a credit card on on-line at [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org). Space is limited. No refunds will be given for no-shows or without two business days advance notice. No refunds will be given to those who fail the course. Classes will be held in Lincoln, Nebraska, or at the Seward County Red Cross office in Seward, Nebraska. Students must attend all classes and stay the entire time; or they will forfeit their opportunity to certify. Business hours at the Lincoln office are Monday through Friday 8:30 AM to 5:00 PM excluding major holidays. In Seward, they are Monday through Friday from 8 AM to 1 PM, excluding major holidays.

### *Will I receive a confirmation and can I get a receipt?*

We do not mail confirmations for classes. When registering via phone, on-line or in person, you will be notified immediately if a class has availability. When registering via mail, you will only be notified if a class is full or cancelled. If you require a receipt, please enclose a self-addressed, stamped envelope with your Registration Form and we will mail you a receipt. You are welcome to call the Chapter at any time to verify your attendance in a class.

### *Can I take a class if I have a medical condition or special education need?*

With advance notice, we will work with you to accommodate medical conditions or disabilities. Certification requirements vary among classes. For more information or to pre-arrange, classes call the Health and Safety Department at 402-441-6390.

### *How actively must I participate in class?*

Regular, punctual attendance is required in all courses. You will learn more and have a more positive experience by participating as much as possible. Most classes include videos, group discussions, and skills practice that require you to participate in hands-on activities. Since some of the skills practice takes place on the floor, please wear comfortable non-restrictive clothing.

### *What if I am late to class?*

Since the entire class is important, you won't want to miss a minute of class time. In order to maximize training time, session starting times are firm. Late arrivals are admitted to class at the discretion of the instructor. If you arrive too late or miss a scheduled class, you may not receive your certification. There are no refunds if you are late to class and not admitted by the instructor. Do not register for a class if you know that you will be late or may miss a session.

### *Can I transfer or cancel a class?*

If you need to transfer or cancel a class, please let us know **at least two full business days in advance**. Please be sure to call during regular business hours (Monday through Friday 8:30 AM - 5:00 PM, excluding major holidays). If your call is made after business hours, you must leave a voice message. We will make every effort to

accommodate your request, but refunds and transfers may not be honored if made without two business days notice. If you provide us with two business days advance notice and need to transfer to another class, we will allow you to transfer once without penalty. If you need to transfer to another class more than once, you will be assessed a \$5.00 processing fee. A \$5.00 processing fee will be assessed for all refunds.

### *Can I replace a lost certificate?*

We will issue you a replacement certificate for any courses taught within the jurisdiction of the Cornhusker Regional Chapter so long as your Certification is still current. You will need to provide your name, location, and completion day of class. A \$5.00 fee will be charged for each replacement certificate issued. Prepayment is required.

### *Can I get sick using a manikin?*

CPR training with manikins is a safe and common practice. According to the Centers for Disease Control, there has never been a reported case of any infectious disease transmitted through the use of CPR manikins.

The American Red Cross trains nearly 12 million people annually in lifesaving skills and follows widely accepted guidelines for cleaning and decontaminating training manikins to reduce the risk of disease transmission. To minimize your risk even further, you should practice good personal hygiene (i.e. frequent hand washing) and follow basic health precautions - especially if you have a condition that would increase the risk of exposure to infection for yourself or other participants.

### *What if I have a respiratory ailment or other infection?*

If training cannot be postponed, you can call our office ahead of time and request your own manikin. Your manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures.

### *Please request your own manikin if you have:*

- An acute condition, such as a cold, sore throat, or cuts and sores on your hands or around your mouth
- Tested positive for Hepatitis B surface antigen (HBsAg), indicating you are currently infected with the Hepatitis B virus
- A chronic infection indicated by long-term positive blood tests for HBsAg or a positive blood test for antibodies to HIV, the virus that causes many severe infections, including AIDS
- Any condition that makes you unusually likely to get an infection

*Anyone requesting their own manikin may do so by calling the Red Cross prior to your class. Our typical ratio is two students per one manikin. Students are given their own pair of gloves, manikin face barrier and alcohol wipes.*

### *What about poor weather conditions?*

In the event that it may not be safe to conduct a class due to weather conditions; at the discretion of the instructor, a class may need to be rescheduled. (Since the majority of our classes are held in the evening and on weekends, it is not easy to predict in advance if evening or next-day classes will be conducted or cancelled.) If you are concerned about weather, please contact the Red Cross during our normal business hours 402-441-6390. At all other times tune into KFOR 1240 radio to listen for announcements. You may also view our website at [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org). If it is necessary to reschedule a class, you will be contacted the next business day to determine a make up date/day.

The American Red Cross reserves the right to cancel any class. If you have signed up for a class that has been cancelled, you will be contacted to make arrangement to schedule you for another class. Please contact the Red Cross at 402-441-6390 if you have any questions.

#### ***Anti-Discrimination Policy***

No person will be excluded from service or classes because of race, ethnic origin, religion, handicap, gender, age or sexual orientation.

The American Red Cross does not offer any type of placement or employment placement assistance to students.

The Cornhusker Regional Chapter is committed to a work and training environment free from unlawful harassment in which everyone is treated with respect and dignity while working or learning in the Red Cross environment or location. The American Red Cross has zero tolerance for unlawful harassment.

Unlawful harassment is defined as harassment based on any characteristic protected by applicable federal, state or local law including race, religion, color, sex, national origin, age, veteran or disability status, which is sufficiently severe or pervasive as to alter the working conditions of a student or employee.

If it is determined that harassment is taking place, the student will be expelled from the class without refund.

The Cornhusker Regional Chapter promotes a safe environment for all students, volunteers and staff and does not tolerate any type of violent behavior committed by or against students, volunteers and staff. All individuals are expected to conduct themselves in a professional manner.

All students will be provided the opportunity, at the end of a class, to evaluate the instructor. The purpose of the evaluations is to help instructors improve instructional methods. Student feedback helps reaffirm good instruction. You will be given information on how to document this evaluation. If you are not given this information please contact the Red Cross and we will assist you.

The content of American Red Cross CPR/AED and First Aid programs reflects the 2005 Consensus on Science for CPR and Emergency Cardiovascular Care (ECC) and the Guidelines 2005 for First Aid.

*Interested in Volunteering at the Red Cross? Please call Diana at 402-441-6384 for additional information!*

[www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org)

## **Looking for CPR/AED and First Aid classes in other locations?**

### **American Red Cross Southeast Nebraska Chapter**

Serving the Communities of:  
Gage, Jefferson, Johnson, Nemaha, Pawnee and  
Richardson Counties in Nebraska  
205 N 4<sup>th</sup> Street  
Lower Level Beatrice City Auditorium  
PO Box 682  
Beatrice, NE 68310  
402-223-4211  
[redcross@beatricene.com](mailto:redcross@beatricene.com)

### **American Red Cross Prairie Valley Chapter**

Serving the Communities of:  
Platte, Boone, Nance, Polk Butler and Colfax  
Counties in Nebraska  
2905 23<sup>rd</sup> Street  
Columbus, NE 68601  
402-564-8314  
[www.pvredcross.org](http://www.pvredcross.org)

## **American Red Cross Class Locations:**

### **Lincoln Office:**

**American Red Cross  
Cornhusker Regional Chapter  
220 Oakcreek Drive  
PO Box 83267  
Lincoln, NE 68501-3267  
402-441-6390  
FAX 402-441-7016**

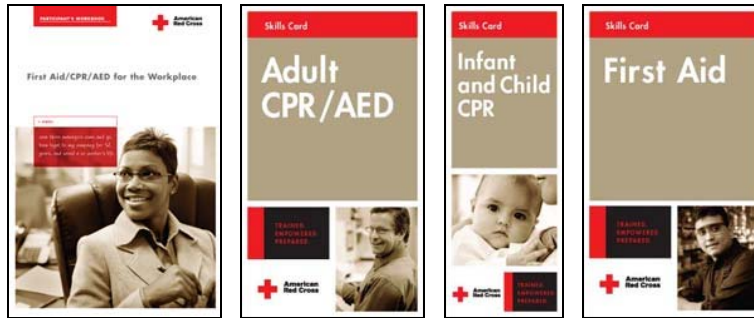
### **Seward Office:**

**American Red Cross  
Cornhusker Regional Chapter  
PO Box 344  
112 S 4<sup>th</sup> Street  
Seward, NE 68434  
(402) 646-2150**



**American  
Red Cross**

# American Red Cross Cornhusker Regional Chapter Community Class Schedule 2010



## Lay Responder Adult, Child, Infant CPR/AED, and First Aid (New Class)

This Red Cross training will teach you to: Care for conscious and unconscious choking victims, perform CPR, give first aid, how to use an Automated External Defibrillator, recognize emergencies and take action. When attending evening classes, the first night/class is Adult CPR/AED, the second night of class is Child, Infant CPR/AED and the third night class is First Aid. Successful completion of American Red Cross CPR/AED and First Aid classes will certify the student for one year in CPR/AED and three years in First Aid. All books and supplies are included in class cost and will be given to the student at class.

- Adult, Child, Infant CPR/AED and First Aid - \$55.00 per person / about 9.5 hours
- Adult, Child, Infant CPR/AED (No First Aid) - \$50.00 per person / 7 hours
- Adult CPR/AED only - \$45.00 per person / about 3.5 hours
- First Aid only - \$45.00 per person / 3 hours
- Child/Infant CPR/AED - \$45.00 per person / about 3.5 hours

### Lincoln Office:

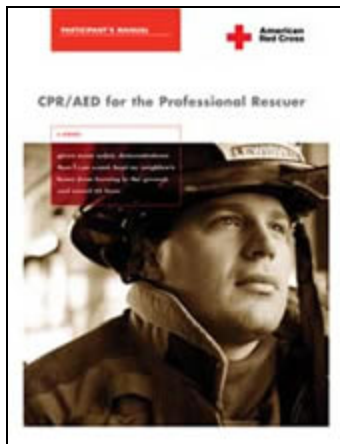
Course #	Day / Date	Time	Location
2727080	Saturday, January 9, 2010	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2746836	Tuesday, January 19, Thursday, January 21 and Tuesday, January 26	6:00 pm – 9:30 PM	Lincoln – 220 Oakcreek Drive
2746848	Saturday, February 13, 2010	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2746849	Wednesday, February 17, Monday, February 22 and Wednesday, February 24	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2748005	Monday, March 8, Wednesday, March 10 and Monday, March 15	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2748039	Saturday, March 13	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2748146	Tuesday, April 6, Thursday, April 8 and Tuesday April 13	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2748136	Saturday, April 10	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2748770	Saturday, May 1	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2748825	Tuesday, May 18, Wednesday, May 19 and Thursday, May 20	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2748907	Saturday, June 12	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2748919	Monday, June 21, Wednesday, June 23 and Monday, June 28	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2749000	Saturday, July 10	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2749015	Monday, July 26, Tuesday, July 27 and Wednesday July 28	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2767986	Saturday, August 7	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2767989	Tuesday, August 24, Thursday, August 26 and Tuesday August 31	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2768114	Monday, September 20, Wednesday, September 22 and Monday, September 27	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2768188	Saturday, October 9	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2768199	Tuesday, October 19, Thursday, October 21 and Tuesday, October 26	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2768265	Saturday, November 6	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2775341	Tuesday, November 30, Thursday, December 2, Tuesday, December 7	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2775359	Saturday, December 11	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive
2827951	Saturday, January 8, 2011	8:00 AM – 5:30 PM	Lincoln – 220 Oakcreek Drive

Seward Office:

Course #	Day/Date	Time	Location
2777205	Saturday, January 16	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777215	Saturday, February 20	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777223	Saturday, March 20	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777235	Saturday, April 17	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777245	Saturday, May 15	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777256	Saturday, June 19	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777267	Saturday, July 17	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777276	Saturday, August 21	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777282	Saturday, September 18	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777305	Saturday, October 16	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777312	Saturday, November 20	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2777336	Saturday, December 18	8:30 AM – 6:00 PM	Seward – 112 S 4 <sup>th</sup> Street

York:

Course #	Day/Date	Time	Location
2843012	Saturday, May 15	8:30 AM – 6:00 PM	For location information contact
2843024	Saturday, August 21	8:30 AM – 6:00 PM	Our Seward office at
2843029	Saturday, November 20	8:30 AM – 6:00 PM	402-646-2150. Class will be held in York, NE



**CPR/AED for the Professional Rescuer and Healthcare Provider \$60 per person, (New Class) about 8 hours**

American Red Cross Professional Rescuer course is designed for people with a job-related duty to respond to an emergency, including nurses, law enforcement, EMS personnel, fire fighters, business, and industry response teams, flight attendants, and others who must take action in emergency situations. Professional Rescuer CPR/AED covers breathing and cardiac emergencies, using an AED on an adult and child victim of cardiac arrest and, using personal protective equipment to stop bloodborne pathogens and other diseases from spreading. Successful completion of American Red Cross Professional Rescuer CPR/AED Course will certify the student for **two years in CPR/AED**. All books and supplies are included in class cost and will be given to the student at class.

Lincoln Office:

Course #	Day / Date	Time	Location
2782968	Saturday, January 9	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2746841	Tuesday, January 19 and Thursday, January 21	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2746852	Saturday, February 6	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2870161	Saturday, March 6	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2746853	Monday, February 15 and Wednesday, February 17	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2748059	Tuesday, March 16 and Thursday, March 18	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2748070	Saturday, March 27	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2748160	Monday, April 12 and Wednesday, April 14	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2843036	Saturday, April 24	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2748845	Tuesday, May 11 and Thursday, May 13	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2776903	Saturday, May 22	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2748950	Tuesday, June 8 and Thursday, June 10	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive

2748963	Saturday, June 26	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2749029	Tuesday, July 13 and Thursday, July 15	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2827966	Saturday, July 31	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2768069	Saturday, August 14	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2768082	Monday, August 23 and Wednesday August 25	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2768165	Monday, September 13 and Wednesday September 15	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2768160	Saturday, September 18	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2768228	Wednesday, October 13 and Wednesday, October 20	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2768239	Saturday, October 23	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive
2768291	Tuesday, November 16 and Thursday, November 18	6:00 PM – 9:30 PM	Lincoln – 220 Oakcreek Drive
2775359	Saturday, December 11	8:00 AM – 4:30 PM	Lincoln – 220 Oakcreek Drive

**Seward Office:**

Course #	Day/Date	Time	Location
2843043	Saturday, March 27	8:30 AM – 5:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843056	Saturday, May 1	8:30 AM – 5:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843103	Saturday, June 12	8:30 AM – 5:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843110	Saturday, September 11	8:30 AM – 5:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843143	Saturday, November 13	8:30 AM – 5:00 PM	Seward – 112 S 4 <sup>th</sup> Street

Register and pay on-line at  
[www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org)



**Lay Responder Adult, Child, Infant CPR/AED and First Aid Review/Recertification and CPR/AED for the Professional Rescuer and Healthcare Provider Review/Recertification \$35 per person, about 4 hours**

The Lay Responder Adult, Child, Infant CPR/AED and First Aid Review/Recertification Class is an option for those whose CPR/AED and/or First Aid certification is about to expire. The class provides a short review and practice prior to testing. Successful completion of American Red Cross CPR/AED and First Aid classes will certify the student for one year in CPR/AED and three years in First Aid. All books and supplies are included in class cost and will be given to the student at class. The Professional Rescuer Review/Recertification class is an option for those whose CPR certification is about to expire. This class provides a short review and practice before testing. Professional Rescuer participants need to bring their own CPR masks to class. Masks can be purchased at the American Red Cross, Monday through Friday 8:30 AM - 5:00 PM for \$11 (plus tax). All other supplies (except the CPR mask) are provided in class. Successful completion of American Red Cross CPR/AED for the Professional Rescuer will certify the student for two years in CPR/AED. Please make certain you have registered for the correct course. There are no refunds for failing to take the correct class.

Lincoln Office:

<u>Lay Responder</u> Adult, Child, Infant CPR/AED and First Aid Review/Recert Course #	Day / Date	Time of Course	Location
2746838	Thursday, January 14	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2746837	Saturday, January 30	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2746850	Tuesday, February 9	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2782890	Saturday, February 20	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2748049	Monday, March 29	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2748169	Thursday, April 29	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive

2782658	Wednesday, May 26	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2748931	Saturday, June 19	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2748937	Wednesday, June 30	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2749060	Saturday, July 17	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768066	Monday, August 2	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2768067	Saturday, August 21	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768145	Tuesday, September 7	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2768157	Saturday, September 18	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768211	Monday, October 4	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2768224	Saturday, October 16	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768282	Saturday, November 20	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2775378	Wednesday, December 15	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive

<b>CPR/AED for the Professional Rescuer Review/Recertification Course #</b>	<b>Day / Date</b>	<b>Time of Course</b>	<b>Location</b>
2746842	Wednesday, January 13	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828065	Saturday, January 16	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2746854	Tuesday, February 16	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828073	Saturday, February 27	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2748078	Tuesday, March 9	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828088	Saturday, March 20	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2782698	Thursday, April 1	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828094	Saturday, April 10	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2828100	Saturday, May 8	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2776909	Monday, May 17	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828108	Saturday, June 5	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2748968	Thursday, June 10	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2749068	Wednesday, July 14	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828152	Saturday, July 17	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768089	Monday, August 23	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828159	Saturday, August 28	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768174	Monday, September 13	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828168	Saturday, October 23	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive
2768311	Wednesday, November 3	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2775395	Thursday, December 16	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive
2828181	Saturday, December 18	8:00 AM – 12:00 PM	Lincoln – 220 Oakcreek Drive

Seward Office:

<b>Lay Responder Adult, Child, Infant CPR/AED and First Aid Review/Recert Course #</b>	<b>Day / Date / Location</b>	<b>Time of Course</b>	<b>Location</b>
2777464	Monday, January 11	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777472	Monday, February 8	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777475	Monday, March 8	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777630	Monday, April 12	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777657	Monday, May 10	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777674	Monday, June 14	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777681	Monday, July 12	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777685	Monday, August 2	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777688	Monday, September 13	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777692	Monday, October 11	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777696	Monday, November 8	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2777698	Monday, December 13	5:30PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street

<b>CPR/AED for the Professional Rescuer Review/Recertification Course #</b>	<b>Day / Date / Location</b>	<b>Time of Course</b>	<b>Location</b>
2843156	Tuesday, March 16	5:30 PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2843190	Tuesday, April 20	5:30 PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street

2843194	Tuesday, May 18	5:30 PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2843200	Tuesday, June 15	5:30 PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2843207	Tuesday, September 21	5:30 PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2843210	Tuesday, November 16	5:30 PM – 9:30 PM	Seward – 112 S 4 <sup>th</sup> Street

York:

<b>Lay Responder Adult, Child, Infant CPR/AED and First Aid Review/Recert Course #</b>	<b>Day / Date / Location</b>	<b>Time of Course</b>	<b>Location</b>
2843230	Thursday, April 15	5:30PM – 9:30 PM	For location information contact
2843249	Thursday, July 16	5:30PM – 9:30 PM	Our Seward office at
2843257	Thursday, October 21	5:30PM – 9:30 PM	402-646-2150. Class will be held in York, NE

**Lay Responder Adult, Child, Infant CPR/AED and First Aid Challenge and CPR/AED for the Professional Rescuer and Healthcare Provider Challenge (\*students need to bring a CPR mask) \$35 per person, about 2 hours**

The Lay Responder Adult, Child, Infant CPR/AED and First Aid Challenge Class and CPR/AED for the Professional Rescuer and Healthcare Provider Challenge Class is an option for those whose certification is about to expire, has expired or if you have a certification from another agency and you want American Red Cross certification. Persons attending this class **should feel comfortable completing the written and skills test without any practice or formal review.** If you do not pass the Challenge class you will be required to take the full course. All books and supplies are included in class cost and will be given to the student at class. Professional Rescuer participants need to bring their own CPR masks to class. Masks can be purchased at the American Red Cross, Monday through Friday 8:30 AM - 5:00 PM for \$11 (plus tax). ***Please make certain you have registered for the correct course. There are no refunds for failing to take the correct course.***

<b>Course #</b>	<b>Day / Date</b>	<b>Type/Name of Course</b>	<b>Time</b>	<b>Location</b>
2746846	Thursday, January 28	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2746847	Thursday, January 28	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2746856	Thursday, February 18	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2746857	Thursday, February 18	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2828204	Wednesday, March 24	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2748106	Wednesday, March 24	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2782720	Tuesday, April 20	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2748810	Tuesday, April 20	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2782586	Saturday, May 15	Professional Rescue CPR/AED	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2782580	Saturday, May 15	Lay Responder CPR/AED/First Aid	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2776917	Thursday, May 20	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2776923	Thursday, May 20	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2776948	Wednesday, June 2	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2776956	Wednesday, June 2	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2828204	Saturday, June 26	Professional Rescue CPR/AED	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2828277	Saturday, June 26	Lay Responder CPR/AED/First Aid	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2776975	Monday, July 12	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2776983	Monday, July 12	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777017	Wednesday, August 11	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777025	Wednesday, August 11	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777048	Thursday, September 9	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777066	Thursday, September 9	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777057	Saturday, September 25	Professional Rescue CPR/AED	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2777074	Saturday, September 25	Lay Responder CPR/AED/First Aid	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2777092	Monday, October 25	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
	Monday, October 25	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777146	Tuesday, November 9	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2777159	Tuesday, November 9	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2775659	Saturday, December 4	Professional Rescue CPR/AED	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2775649	Saturday, December 4	Lay Responder CPR/AED/First Aid	9:00 – 11:00 AM	Lincoln – 220 Oakcreek Drive
2775686	Tuesday, December 27	Professional Rescue CPR/AED	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive
2775677	Tuesday, December 27	Lay Responder CPR/AED/First Aid	6:00 PM-8:00 PM	Lincoln – 220 Oakcreek Drive

**New!**  
**Non-Certified CPR/AED Course, great for  
the entire family!**

**CPR Made Simple, \$20 per person / 1 hour**

CPR Made Simple is a one-hour **non-certified course** designed for individuals who want to learn Adult CPR/AED but do not need or desire certification. The course introduces individuals to Adult CPR/AED and focuses on hands-on practice skills. Ideal class for friends and families to take as a group. If you have a group of 8 or more – we can come to your business or location, call 402-441-6390!

**Lincoln:**

Course #	Day / Date	Time	Location
2666329	Saturday, January 9	9:00 AM – 10:00 AM	Lincoln – 220 Oakcreek Drive
2666337	Wednesday, January 27	6:30 PM – 7:30 PM	Lincoln – 220 Oakcreek Drive
2666343	Thursday, February 11	7:00 PM – 8:00 PM	Lincoln – 220 Oakcreek Drive
2782991	Saturday, February 27	1:00 PM – 2:00 PM	Lincoln – 220 Oakcreek Drive
2782675	Sunday, March 7	2:00 PM – 3:00 PM	Lincoln – 220 Oakcreek Drive
2828313	Thursday, March 25	6:00 PM – 7:00 PM	Lincoln – 220 Oakcreek Drive
2782920	Monday, April 26	7:00 PM – 8:00 PM	Lincoln – 220 Oakcreek Drive
2828335	Wednesday, May 12	6:00 PM – 7:00 PM	Lincoln – 220 Oakcreek Drive
2828346	Sunday, June 13	1:00 PM – 2:00 PM	Lincoln – 220 Oakcreek Drive
2828359	Saturday, July 10	9:00 AM – 10:00 AM	Lincoln – 220 Oakcreek Drive
2828369	Thursday, August 5	6:00 PM – 7:00 PM	Lincoln – 220 Oakcreek Drive
2828375	Sunday, August 29	4:00 PM – 5:00 PM	Lincoln – 220 Oakcreek Drive
2828385	Monday, September 13	6:00 PM – 7:00 PM	Lincoln – 220 Oakcreek Drive
2828396	Saturday, October 2	9:00 AM – 10:00 AM	Lincoln – 220 Oakcreek Drive
2828403	Wednesday, October 20	7:00 PM – 8:00 PM	Lincoln – 220 Oakcreek Drive
2828410	Tuesday, November 16	6:00 PM – 7:00 PM	Lincoln – 220 Oakcreek Drive
2828414	Saturday, December 11	9:00 AM – 10:00 AM	Lincoln – 220 Oakcreek Drive

**Seward:**

Course #	Day / Date	Time	Location
2843266	Monday, March 15	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843274	Saturday, April 10	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843307	Monday, April 19	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843310	Saturday, May 8	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843316	Monday, May 17	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843320	Saturday, June 12	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843338	Monday, June 21	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843346	Saturday, July 10	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843360	Monday, July 19	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843606	Saturday, August 14	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843613	Monday, August 16	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843620	Monday, September 11	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843684	Saturday, September 20	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843689	Saturday, October 9	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843696	Monday, October 18	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street
2843697	Saturday, November 13	9:00 AM – 10:00 AM	Seward – 112 S 4 <sup>th</sup> Street
2843714	Monday, November 15	6:00 PM – 7:00 PM	Seward – 112 S 4 <sup>th</sup> Street

**York:**

Course #	Day / Date	Time	Location
2843719	Thursday, March 18	5:30 PM – 6:30 PM	For location information contact
2843723	Thursday, June 17	5:30 PM – 6:30 PM	Our Seward office at
2843727	Thursday, September 16	5:30 PM – 6:30 PM	402-646-2150. Class will be held in York, NE

## Wilderness and Remote First Aid, 16 hours

INSTRUCTOR'S MANUAL



Wilderness and Remote First Aid



## Coming Soon, Spring 2010!

This course is ideal of youth and adults who are in remote environments an hour or more from Emergency Medical Response. This course offers enhanced content and topics to meet OSHA Best Practices for Workplace First Aid Training Programs and meets training requirements for Boys Scouts of America, Girls Scouts of the USA, American Camps Association and American Canoe Association. Prerequisites: Current American Red Cross certification in Adult CPR/AED (bring card to class) and you must be 14 years of age (by the first day of class). Please call) 402-441-6390) or check our web site [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org) for additional information!



## CPR/AED, First Aid Instructor's Course \$180 per person, about 24 - 28 hours

The purpose of the American Red Cross First Aid/CPR/AED program for the lay responder is to provide participants with the knowledge and skills necessary to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives. This program offers First Aid, CPR and AED course, and injury-control modules to meet the various training needs of those in the workplace, school or community settings. All American Red Cross courses meet OSHA Guidelines and AHA 2005 Guidelines. By becoming a Red Cross Instructor you can build your own training team and teach courses to your employees at your business or members of your organization whenever and wherever you want. For detailed information please call the Red Cross 402-441-6390 or see our website [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org) for a flyer. **Students must attend the entire course/all scheduled classes and pass the written and practical exam to obtain instructor certification.**

Course #	Day / Date	Time	Location
2843731	Thursday, February 18, Tuesday, February 23, ( <b>no class on</b> Thursday, February 25), Tuesday, March 2, Thursday March 4 and Tuesday March 9, Thursday March 11, Tuesday March 16 and Thursday March 18	6:00 PM – 10:00 PM	Lincoln – 220 Oakcreek Drive  Instructor – Mr. John Hauner
2843785	Saturday May 22, Sunday May 23 And Saturday June 5, Sunday June 6	8:30 AM – 5:00 PM	Lincoln – 220 Oakcreek Drive  Instructor – Mr. William Boucher
2843792	June / July	To be Determined	
2843795	August	To be Determined	
2843799	October	To be Determined	
2843806	December	To be Determined	

## Emergency Response (First Responder) \$190 approximately 55 hours

Emergency Response Course will be eligible to test for the National Registry. Students testing for the National Registry will need to complete an application; provide a copy of birth certificate or current driver's license to show evidence of being at least eighteen years of age. There may be additional paper work or fees for this testing. The American Red Cross does not provide placement assistance for those seeking employment as a First Responder. The Cornhusker Regional Chapter of the American Red Cross is a State certified EMS Training Agency. Students who successfully complete the Emergency Response Course will train individuals with the knowledge and skills necessary to work as a first responder in an emergency to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical help can arrive.

### Prerequisites:

- Current certification in Professional Rescue CPR/AED for the Healthcare Provider
- 17 years of age

### Learning Objectives:

- Explain how the EMS systems works and how often the first responder's role in the EMS system differs from a citizen responder;
- Describe steps to assure the well being of the first responder;
- Identify guidelines to follow to ensure the personal safety of the first responder and the safety of others at an emergency scene;
- Explain what happens in the body if one or more body systems fail;
- Identify ways in which diseases are transmitted and describe body substance isolation techniques to prevent disease transmission;
- Describe when to move a victim in an emergency and the appropriate methods for doing so;
- Explain and demonstrate how to assess a victim's condition;
- Recognize breathing emergencies, such as airway obstruction, and provide proper care for them;
- Identify breathing devices and demonstrate how to use them;
- Recognize the signs and symptoms of a possible heart attack and describe how to care for someone who is experiencing persistent chest pain and or other signs and symptoms of a heart attack;
- Recognize the signs of cardiac arrest and demonstrate how to provide cardiopulmonary resuscitation (CPR);

- Identify the major risk factors for cardiovascular disease and injury and describe how to control them;
- Recognize life-threatening bleeding and demonstrate how to control it;
- Recognize the signs and symptoms of shock (hypo perfusion) and describe how to minimize its effects;
- Recognize the signs and symptoms of various soft tissue and musculoskeletal injuries and demonstrate how to care for them;
- Recognize the signs and symptoms of medical and behavioral emergencies, including altered mental status, seizures, poisoning, heat and cold emergencies and stroke and describe both general and specific care for medical and behavioral emergencies;
- Describe common types of medical and trauma emergencies in infants and children and how to care for them;
- Explain the role of the first responder in EMS operations.

### Certification Requirements:

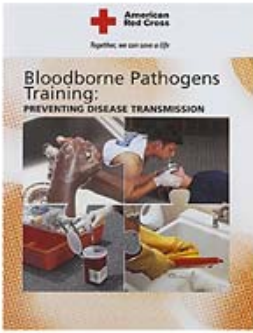
- Attend and participate in and pass all course sessions;
- Demonstrate competency in all required skills listed on the skills checklist;
- Participate in all skills sessions and scenarios;
- Pass the final written exam with a score of 80 percent or better.

### Certificates Issued:

- CPR/AED for the Professional Rescuer and Healthcare Provider (valid for 2 year)
- Emergency Response (valid for 3 years)

Student assessment/evaluation is a continuous component of this course. Instructors will keep students advised of their progress to ensure successful completion. Student progress logs will be maintained by the instructor. Students will continuously be aware of their progress. If you should have any questions or concerns during this class please communicate with your instructor or contact the Red Cross at 402-441-6390. Students will be tested after each module. There are 7 modules in the course. Students must receive an 80% or higher on quizzes/tests. If you fail a module you will be given one additional opportunity to re-test. If you fail the second retest you will be dropped from the class. There is no refund for failing the class. From time to time guest speakers will come in to teach or lecture on specific topics. It's important for each student to attend every class. Students are required to inform the instructor if they will miss any classes. The instructor will provide contact information on the first night of class. Re-scheduling or "making up" of any missed classes can not be guaranteed. Any student who misses more than three classes can be dropped from the course. You will not be given any refund if you drop or fail out of the course. Once you are dropped from a class you will need to re-register and pay for the next available class. There is no probationary period for students who have exhausted re-test opportunities and have failed a module or the final exam. Students who successfully complete this course may test for the National Registry.

Course #	Day / Date	Time	Location
2843732	We are currently taking names of those interested in joining a Spring or Fall "Emergency Response" class. Classes are typically held in the evening two days a week from 7 – 10 PM. If you would like to be placed on our mailing list to receive a flyer when dates are scheduled please call Carolyn at 441-6390.		Lincoln – 220 Oakcreek Drive



## Bloodborne Pathogens \$30 per person, about 2 hours

Preventing the spread of infectious diseases is critical. This course will help individuals learn how to protect themselves and live in a safer environment. This course is taught by certified Red Cross instructors and complies with the training component of OSHA's Bloodborne Pathogens Standard.

Course #	Day / Date	Time	Location
2779933	Monday, January 11	5:00 PM – 6:30 PM	American Red Cross – Lincoln Office
2746843	Thursday, January 28	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2746855	Thursday, February 18	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2782984	Monday, February 22	5:00 PM – 6:30 PM	American Red Cross – Lincoln Office
2828426	Monday, March 8	5:00 PM – 6:30 PM	American Red Cross – Lincoln Office
2748089	Wednesday, March 24	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2748791	Thursday, April 15	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2782930	Monday, April 26	5:00 PM – 6:30 PM	American Red Cross – Lincoln Office
2782572	Thursday, May 6	5:00 PM – 6:30 PM	American Red Cross – Lincoln Office
2748869	Monday, May 17	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2748980	Wednesday, June 23	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2828441	Wednesday July 14	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2768074	Monday, August 9	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2828461	Thursday, September 9	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2768249	Tuesday, October 12	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office
2828476	Tuesday, November 9	6:00 PM – 7:30 PM	American Red Cross – Lincoln Office
2775630	Wednesday, December 1	7:00 PM – 8:30 PM	American Red Cross – Lincoln Office



## Babysitter's Training \$50 per person, about 6 hours

The American Red Cross Babysitter's Training course will provide individuals, aged 11-15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism; basic care; safety, safe play, and basic first aid. Babysitter's Training Handbook and additional supplies are provided in the class. Scholarships are available for students who qualify, please call the Red Cross for additional information. **For Saturday or all day Classes Students need to bring a lunch. For detailed information please call the Red Cross 402-441-6390 or see our website [www.CornhuskerRedCross.com](http://www.CornhuskerRedCross.com).**

Lincoln

Course #	Day / Date	Time	Location
2746839	Tuesday, January 19	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2746858	Monday, February 15	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office

2748118	Tuesday, March 23 and Thursday, March 25	9:00 AM - 12:30 PM	American Red Cross – Lincoln Office
2748816	Saturday, May 1	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2748896	Saturday, May 15	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2749105	Saturday, July 10	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2749110	Tuesday, July 27	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2828525	Saturday, September 18	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2768257	Monday, October 25	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2828559	Saturday, November 13	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2775643	Tuesday, December 28	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office

**Seward** – To register for Babysitter’s Training in Seward, please call the Seward office at 402-646-2150. A limited number of scholarships are available for families who qualify. Students must bring a sack lunch, drink and snacks. Babysitter’s Training being held on Friday, March 12 and Saturday, March 13 includes infant/child CPR and First Aid – students must attend both days, the cost for the Advanced Babysitter’s Training with CPR and First Aid is \$75. The cost for the one day class is \$50.

Course #	Day / Date	Time	Location
2843742	Friday, March 12 and Saturday, March 13 <b>Advanced Babysitter's Training!</b> This class includes Infant/Child CPR/AED and First Aid Training. Student needs to bring a sack lunch and drink both days. Cost \$75 per person.	8:30 AM – 4:30 PM	Seward – 112 S 4 <sup>th</sup> Street
2843750	Saturday, April 24 Regular Babysitter’s Training. Student needs to bring a sack lunch and drink. Cost \$50 per person.	9:00 AM – 4:00 PM	Seward – 112 S 4 <sup>th</sup> Street



**Babysitter’s Bootcamp! \$125 per person, about 21 hours/3-day class**

For boys and girls both, the same great Babysitter’s class as listed above, but, “supersized”! Students will enjoy speakers and experts in the field of safety, resume writing, interviewing, child care, age appropriate games and much more. Students will also be taught infant / child CPR/AED and First Aid. Students will need to bring a sack lunch all three days. Bottled water, fruit drinks and snacks will be provided. A pop machine is available. This course includes all the books materials that are given in the “regular” course plus the “Portfolio”, certification in CPR/AED and First Aid, additional materials on disaster preparedness and personal disaster planning, guest speakers and beverages. Scholarships up to \$50 are available for the Babysitter’s Bootcamp for students who qualify.

Course #	Day/Date	Time	Location
2843757	Tuesday, August 3, Wednesday, August 4 and Thursday August 5	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office
2843763	Wednesday, October 27, Thursday, October 28 and Friday, October 29	9:00 AM – 4:00 PM	American Red Cross – Lincoln Office

## Learn – to – Swim - Summer Swimming Lessons

Our annual swimming lesson program will run June to August. Lessons will be available at public pools and a few private pools. Watch our website [www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org) for additional information on dates, session times and pools late April 2010. If you have questions are you welcome to call the Health and Safety staff at 402-441-6390. Our summer swim coordinator will not start until April 2010.



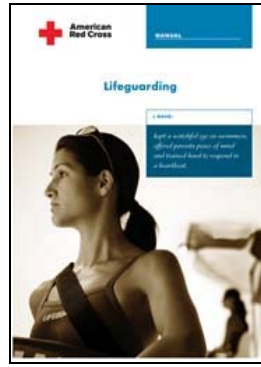
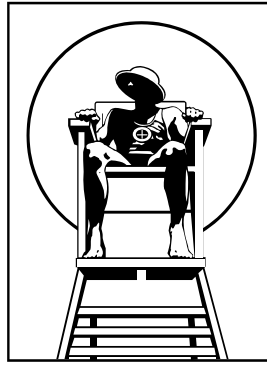
## Water Safety Instructor (WSI), \$175 per person, about 36 hours

If you are at least 16 years old and a proficient swimmer, you can test to become an American Red Cross Water Safety Instructor. This course will help you teach children and adults to swim – a skill that may save a life. Whether you want to teach individuals to swim, help swimmers refine their strokes or teach safe diving techniques, you can do it as an American Red Cross Water Safety Instructor.

- Prerequisites:
- Minimum age of 16
- Successful completion of precourse skills test (see date and time listed below) consisting of:
  - Front crawl 25 yards
  - Back crawl 25 yards
  - Butterfly 15 yards
  - Breaststroke 25 yards
  - Elementary Back Stroke 25 yards
  - Sidestroke 25 yards
  - Maintain position while floating on your back in deep water for one minute
  - Treat water for one minute
  - Stroke performance will be judged at a minimum of a Level 4 proficiency

Students will be tested on these skills\* the first day of class (see below for date and time). If you do not pass the skills test you will not be allowed to continue in the WSI Class. You will be advised immediately if you pass/fail the pre-test. If you fail the pre-test you will be refunded your \$175 fee. Books and materials will not be handed out ahead of time (they will be given to the students on Wednesday March 3). Students must attend all classes, there are no makeup sessions.

Course #	Day/Date/Time/Location
	<b>* <u>Sunday February 28, 2010:</u> Pre-course skills test., 2:35 PM – 3:30 PM – Northeast YMCA, 2601 N 70<sup>th</sup> Street, Lincoln. Come prepared ready to get in the water promptly at 2:35 PM. You must pre-register for this course before taking the skills test. If you have questions call the American Red Cross at 402-441-6390.</b>
2891246	<p><u>Wednesday, March 3, 2010:</u> 6:00 PM – 10:00 PM Classroom / American Red Cross – 220 Oakcreek Drive, Lincoln.</p> <p><u>Sunday, March 7, 2010:</u> 8:00 AM – 1:00 PM Classroom, American Red Cross. 2:00 PM – 6:00 PM Pool - Northeast YMCA, 2601 N 70<sup>th</sup> Lincoln.</p> <p><u>Wednesday, March 10, 2010:</u> 5:00 PM – 9:00 PM Classroom, American Red Cross.</p> <p><u>Sunday, March 14, 2010:</u> 8:00 AM – 12:00 PM Pool. 1:00 PM – 6:00 PM Classroom, American Red Cross.</p> <p><u>Sunday, March 21, 2010:</u> 11:30 AM – 4:00 PM Pool – Northeast YMCA. 5:00 PM – 7:30 PM Classroom - American Red Cross.</p>



## Lifeguarding, (New Class), \$150 per person, about 30 hours

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Prerequisites:

- Minimum age of 15
- Successful completion of precourse skills test, consisting of:
- Swim 300 yards continuously, using these strokes in the following order:
  - Front crawl using rhythmic breathing (100 yards)
  - Breaststroke (100 yards)
  - Either front crawl using rhythmic breathing or breaststroke (100 yards)
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 – 10 feet, retrieve a 10 pound object, return to the surface and swim 20 yards back to the starting point with the object, and exit the pool without using a ladder. This is a timed event.

Students will be tested on these skills the first day of class (see below for date and time). If you do not pass the skills test you will not be allowed to continue in the Lifeguard Class. You will be advised immediately if you pass/fail the pre-test. If you fail the pre-test you will be refunded your \$150 fee. Books and materials will not be handed out ahead of time.

Lifeguarding lets you work as part of a team to help people safely enjoy the water. You could even save a life. The American Red Cross Lifeguard Training course makes learning fun and easy. Through classroom learning and hands-on practice, you'll learn key skills:

- Surveillance skills to help you recognize and prevent injuries
- Rescue skills for use both in the water and on land
- First Aid and Professional Rescuer CPR/AED training to help prepare for any emergency (Note – CPR/AED for the Professional Rescuer for Lifeguards is only valid for one year)
- Professional lifeguard responsibilities

Course #	Day/Date/Time/Location
	<b>* <u>Sunday February 28, 2010:</u> Pre-course skills test., 1:00 PM – 2:30 PM – Northeast YMCA, 2601 N 70<sup>th</sup> Street, Lincoln. Come prepared ready to get in the water promptly at 1:00 PM. You must pre-register for this course before taking the skills test. If you have questions call the American Red Cross at 402-441-6390.</b>
2891257	<u>Saturday, April 10, 2010:</u> 9:00 AM – 12:30 PM Classroom at the Northeast YMCA 2601 N 70 <sup>th</sup> Street, Lincoln and 1:30 PM – 5:30 PM – Pool Northeast YMCA (continued next page)  <u>Sunday, April 11, 2010:</u> 9:00 AM – 5:30 PM Classroom, American Red Cross, 220 Oakcreek Drive, Lincoln.  <u>Sunday, April 18, 2010:</u> 9:00 AM – 12:30 PM Classroom, American Red Cross. 1:30 PM – 5:30 PM – Pool, Northeast YMCA  <u>Sunday, April 25, 2010</u> 8:00 AM – 4:30 PM Pool, Northeast YMCA

## Lifeguarding Review/Recertification, \$60 per person, about 16 hours

Students must have proof of current Lifeguard certification. You will also need the most current version of the Lifeguarding book (Lifeguarding Participant Manual revised 12/06 stock #655731 blue and white in color) and bring both items to class. If you do not have a Lifeguard book you may purchase one from the Red Cross for \$35. If you do not have proof of current certification and a Lifeguard book at class you will forfeit your opportunity to stay at the class and you will not receive a refund for failing to be prepared. Upon successful completion of this course you will be certified in Lifeguarding, First Aid, and Professional Rescue CPR for Lifeguards.

Course #	Day/Date/Time/Location
2891276	<p><u>Saturday, May 15, 2010:</u> 8:00 AM – 6:00 PM CPR/AED Professional Rescue for Lifeguards and First Aid skills review, testing and written exam. Class will be held at the American Red Cross, 220 Oakcreek Drive, Lincoln</p> <p><u>Sunday, May 16, 2010:</u> 8:00 AM – 11:00 AM Classroom, American Red Cross. 12:00 PM – 6:00 PM Pool, Northeast YMCA 2601 N 70<sup>th</sup> Street, Lincoln.</p>



## American Red Cross

Cornhusker Regional Chapter  
220 Oakcreek Drive  
Lincoln, Nebraska  
Carolyn 402-441-6390  
or Sue 402-441-6392



Northeast Branch YMCA  
2601 N 70<sup>th</sup> Street  
Lincoln, Nebraska

Please read the course outlines carefully. Classes will be held at a combination of American Red Cross and the Northeast YMCA

The American Red Cross  
Gratefully acknowledges the YMCA for partnership in making these aquatic classes happen.

## Important information about Lifeguard and Water Safety Instructor Courses

Pre-registration is required, payment is due at time of registration. A minimum number of students are required for each class. You will be notified at least three business days ahead of time if a class will be cancelled due to low enrollment. Feel welcome to contact the Red Cross to verify your enrollment at 402-441-6390.

Students will arrive on-time to class with appropriate dress – swim wear, towel, and street clothes. Students are welcome to bring snacks, foods and or beverages in sealed containers. Ample time is allowed for meal breaks and travel time to and from pool/classroom. Please turn your cell phones and pagers off or have on silent mode and put away. Students found texting or checking messages during class time will be asked to leave and will be dismissed from the class. This practice is very disrespectful to the instructor and disruptive to the learning environment.

Students must attend all classes for certifications. Since the entire class is important, you won't want to miss a minute of class time. In order to maximize training time, session starting times are firm. Late arrivals are admitted to class at the discretion of the instructor. If you arrive too late or miss a scheduled class, you may not receive your certification. There are no refunds if you are late to class and not admitted by the instructor. Do not register for a class if you know that you will be late or may miss a session. There are no make up sessions

All books and supplies are provided by the instructor and will be given to you during class. Books will not be given out ahead of time.

Register and pay on-line at  
[www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org)



## Health and Safety Products

Interested in purchasing any of these items? Please call or visit our office at:  
**402-441-6390**  
**220 Oakcreek Drive**  
**Lincoln, NE**

### CPR Keychain with Gloves

Compact and convenient, our CPR Key Chain includes a unique CPR barrier with a one-way valve, filter device and bite block. One pair of vinyl gloves included. Device measures 6" x 6" with a 1.25" bite block. Durable nylon pouch with ARC logo measures 3.75" x 2.75".

\$5.00 plus tax.



### Emergency First Aid Guide

The American Red Cross Emergency First Aid Guide is a full-color first aid reference tool which provides emergency action information and basic caregiving steps for a range of situations, including cardiac emergencies, stroke, burns, choking, allergic reactions and more. The Emergency First Aid Guide is ANSI compliant and is designed for companies to place in their current first aid kits or cabinets, or to replace lost guides.

\$2.50 plus tax

### 4 X 4 First Aid Kit

This compact, individualized first aid kit measures 4" x 4" and is also our smallest kit that contains an instant ice pack. Features a durable, 420 Denier lightweight nylon case and a belt loop for convenience. Nylon case measures 4" x 3.5" x 1.5".

#### Contents:

1 - Instant Ice Pack 2 - BZK Towelettes 2 - Non-Adherent Bandages 2"x3" 1 - First Aid Tape 1/2"x2.5yards 1 - Rolled Gauze 2"x4yards 10 - Adhesive Bandages 3/4"x3" 1 - Fingertip Bandages 1 - Knuckle Bandage 1 - Pair Vinyl Gloves 1 - Triple Antibiotic Pack 0.9gm  
 1 - Emergency Action Steps Wallet Card 1 - Drug Facts Tri-Fold Card

\$6.00 plus tax



### Fanny Pack First Aid Kit

With more than 50 unitized items to rely on, these compact and easy to transport kits are ideal when portability is critical. The Small Pillow Kit attaches to your belt whereas the Fanny Pack waist bag features zippered pockets and an adjustable strap for ease of use. Pillow measures 6" x 8.5". Fanny pack measures 7.75" x 6.5".

9 - Sterile Gauze Pads 3"x3"  
 1 - Roller Gauze 2"x4yds.  
 2 - Fingertip Bandages  
 2 - Plastic Bandages 2"x4.5"  
 5 - Adhesive Bandages 1"x3"  
 1 - Pair Vinyl Gloves  
 1 - Deluxe Bandage Sheers, 5"

4 - Sterile Gauze Pads 4"x4"  
 15 - BZK Towelettes  
 2 - Knuckle Bandages  
 10 - Adhesive Bandages 3/4"x3"  
 1 - Triangular Bandage  
 1 - First Aid Tape 1/2"x2.5yds.  
 1 - First Aid Emergency Guide

\$11.00 plus tax

**American Red Cross - Course Registration Form**  
**PLEASE PRINT (Make checks payable to the American Red Cross)**

Name \_\_\_\_\_ Daytime phone number \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Class Name \_\_\_\_\_ Date of Class \_\_\_\_\_ Location of class \_\_\_\_\_

If paying by credit card, please provide:

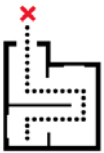
Type of Card and number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name of cardholder (if different than student's name) \_\_\_\_\_

Signature of cardholder \_\_\_\_\_

Refunds will not be given for no-shows, unsuccessfully completing the course or for course materials. We must receive notification of withdrawal or transfer for classes two business days prior to receive a refund. Students may transfer to another class once, if we are notified within two business days advance notice without penalty. A \$5.00 processing fee will be assessed if additional transfer occurs.

American Red Cross  
Cornhusker Regional Chapter  
PO Box 83267  
Lincoln, NE 68501-3267  
[www.CornhuskerRedCross.org](http://www.CornhuskerRedCross.org)  
[www.RedCross.org](http://www.RedCross.org)



**Make a Plan**



**Build a Kit**



**Be Informed**

**Be Red Cross Ready**