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# ADULT CLASSES

## American Heart Association Heartsaver CPR/AED

This course is designed for those who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements or for those who have a desire to learn the techniques of CPR and the use of an AED. This classroom, video-based, Instructor-led course teaches adult, child and infant CPR/AED as well as choking management.

4 hours            Minimum 5 students

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## American Heart Association Heartsaver First Aid (Adult only)

This classroom, video-based, Instructor-led course teaches participants critical skills and knowledge needed to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) takes over. This course also teaches adult CPR/AED. **This course is ideal for educational and coaching professionals.** Course content includes: □· First aid basics (including scene safety, finding the problem, calling for help and more) □· Medical emergencies (including actions for choking, breathing problems, shock and more) □· Injury emergencies (including actions for bleeding, broken bones, burns and more) □· Environmental emergencies (including actions for bites and stings, and temperature-related and poison emergencies). Adult CPR/AED included with this course.

6 hours            Minimum 5 students

Two classes: First class is CPR/AED / Second class is First Aid

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## American Heart Association Heartsaver First Aid (Pediatric)

**This course is designed especially for those involved in childcare** and new parents. This course also meets Minnesota state requirements for daycare providers. Topics include First Aid Basics for Medical Emergencies, Injuries, Environmental Emergencies, CPR for Children and Infants as well as use of an Automated External Defibrillator (AED).

6 hours            Minimum 5 students

Two classes: First class is CPR/AED / Second class is First Aid

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## American Heart Association First Aid (certified course)

This classroom, video-based, Instructor-led course teaches participants critical skills and knowledge needed to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) takes over. Course content includes: □· First aid basics (including scene safety, finding the problem, calling for help and more) □· Medical emergencies (including actions for choking, breathing problems, shock and more) □· Injury emergencies (including actions for bleeding, broken bones, burns and more) □· Environmental emergencies (including actions for bites and stings, and temperature-related and poison emergencies). **This course does not include CPR or AED training.**

3 hours            Minimum 5 students

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### **Basic First Aid (non-certified course)**

This is a non-certified course, which covers the basic principals and techniques of first aid. Topics include management of common medical emergencies, treating injuries and environmental emergencies. This course will provide the student with the knowledge necessary to help victims until more advanced care arrives. **This course does not include CPR or AED training.**

2 ½ hours      Minimum 5 students

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### **American Heart Association Bloodborne Pathogens**

The American Heart Association developed this course for people who have a reasonable chance of coming into contact with blood or body fluids. Students learn how to protect themselves against viruses from the common cold to HIV. What to do in the event of an exposure is also covered. This course meets OSHA requirements for annual bloodborne pathogen training when used with site-specific training.

1 ½ hours      Minimum 5 students

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### **Expectant or Existing Grandparent Class**

This class was designed for expectant or new grandparents. Learn what has changed with caring for a child since you were in the trenches. Topics discussed include: feeding, sleeping arrangements, car seats, home safety, illness and setting boundaries. Students will also be certified in infant CPR as part of this class.

3 hours      Minimum 5 students

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## **YOUTH CLASSES**

### **Babysitting 101**

This course follows the American Academy of Pediatrics – **Babysitter Lessons And Safety Training (BLAST)**. Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business. Students receive a reference book, recipe and game handouts, babysitting bag and first aid kit.

8 hours      Minimum 10 students – Maximum 20 students

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### **F.A.S.T. KIDS – Staying Safe While Home Alone**

**First Aid and Safety Trained Kids** is a 6-hour course for 7 – 10 year olds. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, personal safety and healthy living. This course helps prepare children for staying at home alone. Students will receive a book and construct a home first aid kit as part of the class.

6 hours      Minimum 10 students – Maximum 25 students

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### **S.M.A.R.T. KIDS**

Safety **M**inded **A**nd **R**esponse **T**rained Kids is a 4-hour program for 5 – 7 year olds. Lessons cover basic health and safety, injury prevention, and healthy living. Students construct a first aid kit as part of the class.

4 hours            Minimum 10 students – Maximum 25 students

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### **Forensics – Where Has My Little Dog Gone?**

Little Buddy has been dognapped! Now that the ransom has been paid and he is safely back home, it's time to examine the evidence and catch the culprit. Students will perform several scientific and forensic experiments with the evidence to determine which of the 64 inhabitants of Newton took Buddy. This course is best suited for ages 10 and up.

2.5 – 3 hours    Minimum 8 students – Maximum 15 students

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### **Camping Safety & First Aid**

This course is designed for the young camper/wilderness explorer. Topics covered include water safety, fire safety, safe use of camping tools, what to do if you become lost, as well as basic first aid for injuries. Students will assemble a small first aid kit as part of the class. Ages 7- 12.

3 hours            Minimum 10 students – Maximum 20 student