

Public Education Course Catalog



2022

Hampton Lakes Emergency Squad

(888)-240-1780

4 Holly Blvd

Southampton, NJ 08088

Hampton Lakes Emergency Squad is proud to offer our public education series starting in 2022.

The Hampton Lakes Emergency Squad has been serving the residents and visitors of Southampton Township by providing pre-hospital emergency medical services since 1957.

The community has supported HLES throughout the years and we look forward to giving back to the community in more ways than just emergency response.

Registration

Pre-registration is required at least 10 days in advance of a class – unless noted otherwise.

Registration can be completed at <https://hles.formstack.com/forms/publiceducation>

Please submit one registration form for each participant.

Alternatively, you may register by emailing education@hles178.org OR calling 888-240-1780 Ext. 4

Schedule

The current course schedule can be found online at WWW.HLES178.ORG or on our Facebook page at “Hampton Lakes Emergency Squad”.

Course listings may also be found on the Southampton Township website at WWW.SOUTHAMPTONNJ.ORG

Courses for LeisureTowne residents only are also published in the Watchdog.

Cost

Training courses are **FREE for Southampton residents** unless noted otherwise.

Non-Residents will be charged the price shown at registration.

Private Trainings

Private trainings can be provided for workplaces or groups at a small fee.

Please contact us at education@hles178.org for more information.

Location

Courses are held at either Hampton Lakes Emergency Squad (4 Holly Blvd), Southampton Township Municipal Building (5 Retreat Road), or in LeisureTowne (LT Residents Only).

You will receive an email confirmation with your class details after you submit your registration.

2022 Public Education Schedule

Course ID	Course Name	Length (Hours)	Dates	Day(s)	Time	Resident Cost	Non-Resident Cost	Location
22-5L-CF	Friends & Family CPR First Aid	2 Hours 2 Hours	May 13	Fri	10am-12pm 12pm-2pm	Free	N/A	Settler's Hall <i>(LT Residents Only)</i>
22-5M-FF	Friends & Family CPR	1.5 Hours	May 31	Tues	7pm-9pm	Free	\$10.00	Municipal Building
22-6M-FS	First on the Scene	4 Hours	June 23	Thurs	5pm-9pm	Free	\$20.00	Municipal Building
22-6H-CP	AHA BLS Provider Renewal	3 Hours	June 23	Thurs	7pm-10pm	Free to Members	\$50.00	Hampton Lakes Emergency Squad
22-6H-CV	Coaching the Emergency Vehicle Operator 4: Ambulance	6 Hours	June 25	Sat	8am-4pm	Free to Members	\$50.00	Hampton Lakes Emergency Squad
22-7L-FS	First on the Scene	4 Hours	July 7	Thurs	8am-12pm	Free	N/A	Settler's Hall <i>(LT Residents Only)</i>
22-7M-CF	Friends & Family CPR First Aid	2 Hours 2 Hours	July 17	Sun	5pm-7pm 7pm-9pm	Free	\$10.00 \$10.00	Municipal Building
22-8L-SB	Stop-the-Bleed	1 Hour	Aug 10	Wed	7pm-8pm	Free	N/A	Settler's Hall <i>(LT Residents Only)</i>
22-8M-SR	Stroke Recognition	1 Hour	Aug 24	Wed	6pm-7pm	Free	\$10.00	Municipal Building
22-9M-FS	First on the Scene	4 Hours	Sept 18	Sun	8am-12pm	Free	\$20.00	Municipal Building
22-0M-CF	Friends & Family CPR First Aid	2 Hours 2 Hours	Oct 16	Sat	8am-10am 10am-12pm	Free	\$10.00 \$10.00	Municipal Building
22-NM-FF	Friends & Family CPR	1.5 Hours	Nov 4	Fri	7pm-9pm	Free	\$10.00	Municipal Building
22-NL-CF	Friends & Family CPR First Aid	2 Hours 2 Hours	Nov 12	Sat	11am-1pm 1pm-3pm	Free	N/A	Settler's Hall <i>(LT Residents Only)</i>
22-DL-SR	Stroke Recognition	1 Hour	Dec 11	Sun	8am-9am	Free	N/A	Settler's Hall <i>(LT Residents Only)</i>
22-DM-SB	Stop-the-Bleed	1 Hour	Dec 12	Mon	6pm-7pm	Free	\$20.00	Municipal Building

SECTION 1
PUBLIC CLASSES

American Heart Association (AHA) Courses

Friends and Family CPR (Anytime CPR)

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is a classroom-based course that can be taught by an AHA Instructor or led by a facilitator (a community member, family member, or friend) who wishes to share the lifesaving skills of CPR with others. This course is video-led and includes skills practice throughout the course. Skills are taught by using the AHA's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while skills are demonstrated in the course video.

Course topics can be presented together or taught separately as stand-alone modules.

Following are approximate times for each module:

- Adult Hands-Only CPR/Adult CPR with Breaths/AED/Choking: about 39 minutes
- Child CPR/AED/Choking: about 27 minutes
- Infant CPR/Choking: about 21 minutes

HeartSaver

Heartsaver courses are geared for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

Upon successful completion of the course, **students receive a course completion card, valid for two years.**

HeartSaver courses *can include any or all* of the following:

- **Adult CPR, AED, and Choking** - This course is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.
 - The classroom course can be completed in approximately 1 ¾ hours (including optional lessons and breaks).
- **Pediatric CPR and AED** - This course is a classroom, video-based, Instructor-led course that teaches students to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives.
 - This course is designed to meet the regulatory requirements for childcare workers in all 50 U.S. states.
 - The classroom course can be completed in 3 ½ hours.
- **Basic First Aid** - This course is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings.
 - The classroom course can be completed in approximately 2 ¼ hours. Individual learner times will vary. Breaks not included in skills session timing.

- **Bloodborne Pathogens** - The Heartsaver Bloodborne Pathogens course is designed specifically for workers with a reasonable chance of coming into contact with bloodborne pathogens such as correctional officers, childcare workers, security guards, maintenance workers, school personnel, hotel housekeepers, health and fitness club staff and tattoo artists. This course is designed to meet OSHA requirements for bloodborne pathogens training when paired with site-specific instruction. Upon completion of the online course, students receive a course completion certificate that can be presented to employers.
 - The classroom course can be completed in 1 hour.

American Health & Safety Institute (ASHI) Courses

Advanced Bleeding Control

According to the Centers for Disease Control and Prevention, traumatic injury is one of the leading causes of death for people under 50 years of age in the United States. A large portion of those deaths are from severe bleeding – the most treatable cause of death due to trauma.

American Safety & Health Institute's *Advanced Bleeding Control* is designed to provide detailed information on the control of severe external bleeding, including the use of direct pressure, commercial pressure bandages, tourniquets, and packed dressings.

Advanced Bleeding Control is designed for groups and individuals who have a greater than average chance of witnessing an injury event in which heavy bleeding occurs and professional medical care is not readily available or is overwhelmed, such as law enforcement, private security, workplace emergency response team personnel & staff at large events, campuses, or large occupied buildings.

Certification Period
2 Years

Course Length
1-2 Hours

Required for Successful Completion (Certification)
Written Evaluation
Optional except when required by organizational, local or state regulation.

Skills Evaluation
All students must perform required skills competently without assistance.

Child and Babysitting Safety

The new Child and Babysitting Safety (CABS) program from ASHI gives teenagers and young adults everything they need to know for safe and successful babysitting. From getting started with their business, to dealing with parents and children, to key safety, caregiving, and first aid tips, the magazine-format CABS guide and vlogger-style video make learning fun.

Perfect For
Teens & young adults interested in a babysitting business, or who have responsibility for younger family members.

Prerequisites
None, however CPR/AED and Basic First Aid certification strongly recommended.

Required for Successful Completion
Written Evaluation
Optional except when required by organizational, local, or state regulation.

Skills Evaluation
Students must perform required skills competently without assistance.

Successful completion is based on achievement of core learning objectives rather than a prescribed instruction time.

Certification Period
2 Years

Course Length
4 Hours

Use and Administration of Epinephrine Auto Injectors

ASHI's Use and Administration of Epinephrine Auto-Injectors program teaches students about the causes of severe allergic reactions and how to recognize and treat anaphylaxis. It covers how to use an epinephrine auto-injector, the legal considerations for administering epinephrine, and how to prepare for an anaphylactic emergency.

Regulations on the administration of epinephrine for incidents of anaphylaxis vary greatly from state to state. Those Training Centers interested in offering this epinephrine auto-injector training course should refer to the Regulatory Approvals by State link in the Downloads section for a current overview of industry and delivery format approvals by state.

Required for Successful Completion (Certification)

Written Evaluation

Optional except when required by organizational, local, or state regulation.

Skills Evaluation

All students must perform required skills competently without assistance.

Certification Period

2 Years

Course Length

30 Minutes - 1 Hour

Emergency Oxygen

Serious and life-threatening medical emergencies often cause oxygen to be depleted in the body leaving the victim at risk for shock. MEDIC First Aid Emergency Oxygen program focuses on administering emergency oxygen to breathing and non-breathing persons, emergency oxygen delivery systems and integrating pulse oximetry.

Perfect for individuals who desire or are required to be trained in the administration of emergency oxygen.

Prerequisites

Current CPR or CPR and First Aid Certification

Successful Completion

Written Evaluation

Optional except when required by organizational, local, or state regulation.

Skills Evaluation

Students must perform required skills competently without assistance.

Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.

Certification Period

2 Years

Course Length

2 Hours

Bloodborne Pathogens

ASHI's Bloodborne Pathogens training program includes information that will help students understand what bloodborne pathogens are and how risks of exposure can be reduced for themselves and others. This bloodborne pathogens certification course assists in satisfying the training requirements of the U.S. Department of Labor, OSHA Bloodborne Pathogens Standard (29 CFR 1910.1030).

Intended Audience

ASHI's Bloodborne Pathogens course is ideal for any individual or employee who has a reasonable anticipation of contact with blood or other potentially infectious materials as a result of performing designated job duties.

Certification Period

12 Months

Course Length

1 Hour

CPR and AED

CPR and AED

ASHI's CPR and AED training course is designed specifically for laypeople and is an excellent choice for CPR and defibrillator training in both community and workplace settings. This extremely flexible program will help prepare individuals to respond to sudden cardiac arrest (SCA) and choking incidents. This CPR and AED course conforms to the 2015 AHA Guidelines Update for CPR and ECC.

Class Options

Adult

Adult and Child

Adult, Child and Infant

Intended Audience

Individuals who are not healthcare providers or professional rescuers but who desire, or are required, to be certified in CPR and the use of an AED:

Emergency response teams in business and industry

Adult residential care personnel

Teachers

Parents

Babysitters

Required for Successful Completion (Certification)

Written Evaluation

Optional except when required by organizational, local, or state regulation.

Skills Evaluation

Students must perform required skills competently without assistance.

Certification Period

2 Years

Course Length

2 - 3 Hours

Pediatric

ASHI Pediatric CPR, AED, and First Aid training program provides an ideal training solution for schools, childcare providers, youth sports coaches, and others required to learn how to respond to medical emergencies involving children and infants. This versatile program is based upon the 2015 CPR and First Aid Guidelines, Caring for Our Children, 3rd Ed; and other evidence-based treatment recommendations.

Intended Audience

Individuals seeking pediatric CPR training or who are required to be certified in pediatric CPR, AED, and first aid

School bus drivers

Child care workers

Teachers

Parents

Babysitters

Required for Successful Completion

Written Evaluation

Optional except when required by organizational, local, or state regulation.

Skills Evaluation

Students must perform required skills competently without assistance.

Certification Period

2 Years

Course Length

6 Hours

High Performance CPR

CPR guidelines define the most effective way to perform CPR. Yet there is a gap in quality between recommended guidelines and actual performance by most providers. High-Performance CPR is a simple concept: Improve the performance of CPR through high-quality skills, along with a practiced team approach, and the chance for survival improves.

The program, available for delivery in classroom and blended learning options, also emphasizes the need for an ongoing effort to improve and maintain skills, with suggestions and tools for ongoing skill development.

Because high-quality compressions are an important component of High-Performance CPR, the use of a CPR feedback device is required for this program. The LOOP Learning System can be used to meet that requirement.

Minimum prerequisite: Current certification in adult CPR and AED or BLS.

Required for Successful Completion (Certification)

Written Evaluation

Optional except when required by organizational, local or state regulation.

Skills Evaluation

All students must perform required skills competently without assistance.

Certification Period

2 Years

Course Length

2 Hours

First Aid

Basic First Aid

The ASHI Basic First Aid course helps students develop basic first aid knowledge, skills, and the confidence to respond. This first aid training program is an excellent choice for both the community and workplace setting and conforms to the 2015 AHA and ARC Guidelines Update for First Aid.

Intended for individuals who are not healthcare providers or professional rescuers but desire, or are required, to be certified in basic emergency medical care.

Required for Successful Completion (Certification)

Written Evaluation

Optional except when required by organizational, local, or state regulation.

Skills Evaluation

Students must perform all required skills for this first aid class competently without assistance.

Certification Period

2 Years

Course Length

2.5 - 3 Hours

Advanced First Aid

The ASHI Advanced First Aid course is designed for the person who needs or desires more first aid training than Basic First Aid, but not to the level of Emergency Medical Response. Perfect for corporate emergency response teams, this 17-21 hour Advanced First Aid certification course presents many of the most common illnesses and injuries responders are likely to encounter.

Intended Audience

This Advanced First Aid training course is designed for non-EMS responders including government, corporate, industry, lifeguards, security personnel, law enforcement, corrections personnel, and other individuals who are not EMS or healthcare providers, but desire or require certification in Advanced First Aid.

Prerequisites

Current, valid professional-level BLS certification (Basic Life Support). May be incorporated/conducted in conjunction with the AFA program as needed.

Required for Successful Completion

Written Evaluation

Required

Skills Evaluation

Students must perform required skills competently without assistance.

Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.

Certification Period

2 Years

Course Length

17 Hours

Wilderness First Aid

Wilderness environments create special situations not usually encountered in an urban or suburban environment. With an ASHI Wilderness First Aid class, first aid providers in a remote outdoor setting will be better prepared to respond with wilderness first aid training when faced with limited resources, longer times to care for someone, and decisions about when and how fast to evacuate an ill or injured person. This comprehensive 16-hour wilderness first aid course meets or exceeds the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines, 2017 Edition.

Wilderness First Aid Course Includes

Information-filled slide presentation covering wilderness and remote first aid from a basic understanding of emergency response in an outdoor setting to specific techniques and considerations for a wide range of injuries and illnesses.

Wilderness First Aid Classes topics include:

- Preparation and Assessment
- Preventing and Caring for Injuries and Illnesses
- Environmental Hazards
- Other Wilderness Considerations

Prerequisite

Adult CPR and AED

Certification Period

Up to 2 Years

Course Length

Approximately 16 Hours

Emergency Medical Response

The ASHI Emergency Medical Response training program provides a detailed and comprehensive approach for managing out-of-hospital medical emergencies prior to the arrival of EMS.

The program is designed to provide non-EMS responders more depth and exposure to standard first aid training topics to provide richer and more advanced training. It meets and exceeds workplace first aid training requirements and satisfies the desire to learn more than just basic first aid without the burden associated with EMS provider training and certification.

Emergency Medical Response provides comparable training to that of Emergency Medical Responder, the base-level training for EMS providers, although the program is not intended for training EMS providers or preparing students to be eligible for EMS provider testing and certification.

Intended Audience

This course is intended for individuals who are not EMS or healthcare providers but desire certification in Emergency Medical Response, such as: Law enforcement officers, Correctional officers, Security personnel, Event and crowd control staff, Lifeguards, Park rangers, Workplace Emergency Response Team (ERT) members, Disaster team members, Community Emergency Response Team (CERT) members, Athletic trainers, Outdoor guides

Prerequisites

Current certification in healthcare-level CPR training, or Basic Life Support (BLS). BLS training and certification can also be done concurrently as part of an ASHI Emergency Medical Response class.

Required for Successful Completion

Written Evaluation Required

Skills Evaluation

Required. Correctly demonstrate skill competence in five specific areas:

Respiratory Arrest (Bag-Mask)

Adult Cardiac Arrest

Infant Cardiac Arrest

Traumatic Injury (Responsive or Unresponsive)

Medical Emergency (Responsive or Unresponsive)

Successful completion is based on achievement of the core learning objectives rather than a prescribed instruction time.

Medical Oversight

Based on state laws and regulations, supplemental content may require, or benefit from the use of, medical oversight. Training Centers providing ASHI Emergency Medical Response training classes should investigate and understand the laws and regulations related to supplemental content in the states in which they train.

State Licensure and Credentialing of Emergency Medical Responders

An individual who has been trained and certified in ASHI Emergency Medical Response will not be licensed or credentialed to practice emergency medical care as an EMS provider within an organized state EMS system. EMS provider licensing and credentialing are legal activities performed by the state, not ASHI. Individuals who require or desire licensure and credentialing within the state EMS system must complete specific requirements established by the regulating authority, typically a state EMS agency within the state health department. The ASHI Emergency Medical Response program is not intended to prepare individuals for national certification, licensure, or credentialing as an EMS provider.

Certification Period

2 Years

Course Length

47-50 Hours, Initial Class

16 Hours, Renewal Class

Other Classes

Stop-The-Bleed

Why Learn?

A bleeding injury can happen anywhere. We've all seen it happen too often—on the news or in everyday life. Life-threatening bleeding can happen in people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you know how to STOP THE BLEED®.

What You'll Gain from the Course

The person next to a bleeding victim may very well be the one who's most likely to save him or her from bleeding to death. By learning how to STOP THE BLEED®, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques. Take the STOP THE BLEED® training course and become empowered to make a life or death difference when a bleeding emergency happens.

How We Teach

Our instructors will teach you live—in person, using training materials specially developed to teach bleeding control techniques. They will not only instruct you, they will be available to check your movements as you practice three different bleeding control actions. They will keep working with you until you demonstrate the correct skills to STOP THE BLEED® and save a life.

First On The Scene

First on the Scene (FOTS), developed by National Association of Emergency Medical Technicians (NAEMT) and the International Association of Fire Chiefs (IAFC), provides instructors with a toolkit to teach the general public basic emergency response to life-threatening emergencies until EMS arrives on the scene. Through lesson presentations and hands-on skill stations, participants will learn how to access help in the event of a life-threatening emergency and what to do until EMS arrives.

This course covers:

- Activating the 911 system
- Hands-only CPR and AED
- Administering naloxone
- Administering epinephrine
- Responding to life-threatening bleeding
- Penetrating chest trauma
- Moving patients to safety
- Positioning injured patients

SECTION 2

CONTINUING EDUCATION **FOR FIRST RESPONDERS &** **MEDICAL PROFESSIONALS**

American Heart Association (AHA) Courses

Basic Life Support (BLS)

BLS is geared towards prehospital providers, like EMTs, paramedics, fire fighters, and in-facility hospital providers. Upon successful completion of the course, **students receive a course completion card, valid for two years.**

The BLS Instructor-led course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics.

BLS Provider Course takes approximately 4.5 hours to complete, including skills practice and skills testing.

Education Credit: This course is approved for 1 Elective CEUs for NJ EMTs.

American Health & Safety Institute (ASHI) Courses

Basic Life Support (BLS)

Students learn how to recognize a life-threatening emergency, how to provide basic life support and what to do in case of an airway obstruction or choking. ASHI's Basic Life Support, BLS training course for Healthcare Providers and Professional Rescuers has been approved for training for Emergency Medical Services personnel and is accepted by the National Registry of Emergency Medical Technicians (NREMT).

BLS Training Course - Perfect For

Individuals in the healthcare or professional rescuer field that are required to have completed a professional-level basic life support training course.

Required for Successful Completion (Certification)

Written Evaluation

Required for all students as part of the basic life support course.

Skills Evaluation

Students must perform required skills competently without assistance, to complete the BLS certification training.

CAPCE

Continuing educations (CE) hours for EMS professionals are available for ASHI BLS from Health & Safety Institute (HSI), a CAPCE accredited organization.

Certification Period

2 Years

Course Length

4 - 5 Hours

Other Classes

Coaching the Emergency Vehicle Operator (CEVO) 4 - Ambulance

Course Description: A must for emergency medical services vehicle operators, this course promotes critical thinking during pressure situations. The course features videos that show situations ambulance drivers face every day, followed by a group discussion. Additional resources and techniques have helped this course receive approval by many state departments of health.

Audience: Emergency medical services vehicle operators.

Class Time: Approximately 6 Hours

Certification: National Safety Council/Coaching Systems CEVO Ambulance Driver Certification

Education Credit: This course is approved for 6 Elective CEUs for NJ EMTs.

Coming Soon

Firefighter Down - CPR

Cardiac Devices – What EMT School Doesn't Teach You

Mass Casualty Incidents

EMS Documentation