

# Prepare a Safer Workplace and Protect Your Most Valuable Asset: Your Employees

From CPR, first aid and automated external defibrillator (AED) training to injury prevention courses and bloodborne pathogens training, the American Red Cross training offers complete, flexible programs that help your company stay prepared for virtually any life-threatening situation. You can build the program that works for your business using our modular curriculum. We require a minimum of eight participants and enough floor space in your facility to conduct training. The American Red Cross accommodates your schedule to make the class convenient for employees to attend.

Contact our corporate outreach specialist at (734) 961-1023 or (734) 971-5300 ext. 206 to set up a course containing any of the following components.

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**Title / Minimum charge, 8 person equivalent, \$ / per person after first 8 participants, \$ / Approximate duration of the class in hours**

Description of the class components and major objectives.

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## CPR / First Aid / Prevention Classes and Seminars

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### **Adult CPR/AED & First Aid / \$480 / \$60 / 6 hours (Add 30 min lunch to time if ending after 1:00pm)**

Prepare your staff with the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course covers first aid, adult CPR and automated external defibrillator (AED) training.

**CPR: 1 year certification, First Aid: 3 years certification**

**Order #: HSSFA404**

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### **Adult CPR/AED & First Aid SEMINAR / \$150 / N/A / 1.5 hours**

Educate your staff with a basic knowledge and overview in preventing and recognizing common injuries and sudden illnesses. This seminar stresses the importance of identifying an emergency situation and calling advanced medical personnel. This seminar covers the lecture portions and demonstrations of first aid, adult CPR and automated external defibrillator (AED) training. NOT FOR CERTIFICATION. Price covers training for up to 25 participants.

**Order #: HSSFA404-S**

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### **Adult CPR and AED / \$440 / \$55 / 6 hours (Add 30 min lunch to time if ending after 1:00pm)**

For employees who need adult CPR and automated external defibrillator training only, this hands-on skills training prepares participants to respond to breathing (choking) and cardiac emergencies in adults.

**CPR: 1 year certification**

**Order #: HSSFA107**

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### **Adult CPR and AED SEMINAR / \$100 / N/A / 1 hour**

For employees who are looking for a general introduction and overview of information on preventing and identifying breathing (choking) and cardiac emergencies in adults and when to call for advanced medical personnel. Also covers checking a conscious person. This seminar covers the lecture portions and demonstrations of adult CPR and automated external defibrillator (AED) training. NOT FOR CERTIFICATION. Price covers training for up to 25 participants.

**Order #: HSSFA107-S**

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### **Adult/Child/Infant CPR/AED & First Aid / \$520 / \$65 / 9 hours (Add 30 min lunch to time if ending after 1:00pm)**

This course includes Adult/Child/Infant CPR including Automated External Defibrillator (AED) and First Aid certification. CPR teaches participants what to do when an adult, infant, or a child is experiencing a breathing or cardiac emergency. First Aid teaches participants how to respond to various other emergencies, including sudden illness, poisoning, bleeding as well as injuries to muscles and bones such as fractures

**CPR: 1 year certification, First Aid: 3 years certification**

**Order #: HSSFA415**

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**Adult/Child/Infant CPR/AED & First Aid SEMINAR / \$200 / N/A / 2.5 hours**

This course is for employees working with general population where interacting with adults, children and infants is common, such as schools or churches. This course covers an overview of information on what to check for when an adult, infant, or a child is experiencing a breathing or cardiac emergency and how to convey those observations to advanced medical personnel. The first aid portion teaches participants specific signs and signals of various other emergencies, including sudden illness, poisoning, bleeding as well as injuries to muscles and bones such as fractures and when to contact advanced medical personnel. NOT FOR CERTIFICATION. Price covers training for up to 25 participants.

**Order #: HSSFA415**

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**Adult/Child CPR/AED and First Aid / \$60 / 7 hours (Add 30 min lunch to time if ending after 1:00pm)**

This course offers CPR training for situations in which you would be caring for children over the age of 1 year old and adults. Includes training with the Automated External Defibrillator (AED), and covers First Aid for all ages, but **does not include infant CPR**.

**CPR: 1 year certification, First Aid: 3 years certification**

**Order #: HSSFA412**

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**Adult/Child CPR/AED and First Aid SEMINAR / \$150 / 2 hours**

This course offers an overview of recognizing breathing and cardiac emergencies for children ages 1 and above and adults and when to contact advanced medical personnel. Includes training with the Automated External Defibrillator (AED), and covers First Aid for all ages, but **does not include infant CPR**. NOT FOR CERTIFICATION. Price covers training for up to 25 participants.

**Order #: HSSFA412-S**

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**Standard First Aid without CPR / \$320 / \$40 / 4 hours**

**(When added to Professional Rescuer CPR, only an additional \$5 per participant and 1.5 hours to the overall time.)**

Prepares individuals with the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Participants will cover how to check a conscious and unconscious person as well as checking for signs of life. The focus of this course is care of conscious persons.

**First Aid: 3 years certification**

**Order #: HSSFA101**

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**Standard First Aid without CPR SEMINAR / \$100 / N/A / 1 hour**

Provides individuals with the knowledge necessary to recognize injuries and sudden illnesses in order to know when to contact advanced medical personnel. Participants will cover how to check a conscious The focus of this course is checking conscious persons. NOT FOR CERTIFICATION. Price covers training for up to 25 participants.

**Order #: HSSFA101-S**

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**CPR/AED for the Professional Rescuer / \$560 / \$70 / 9 hours**

The most comprehensive CPR course available, including Automated External Defibrillator (AED). This course targets health care professionals, firefighters, police officers and all those who have a duty to act in an emergency. This course covers bloodborne pathogens, modified airway techniques, use of pocket masks, basic resuscitation skills, the use of a bag-valve-mask and two-person CPR along with providing care for breathing and cardiac emergencies as a lone rescuer. This course does **not** include First Aid.

**CPR: 2 years certification**

**Order #: HSPRO101**

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**Injury Control Modules / \$100 / 1 hour each**

Focusing on common causes of worksite injuries and key health risks, these one-hour awareness-level modules highlight risks and promote prevention. Self-assessments help employees recognize risky habits. Demonstrations and lively discussions reinforce practical prevention tips. Modules can be added to any of the CPR courses. NOT FOR CERTIFICATION. Price covers training for up to 25 participants.

**Order #: HSICM101 (Ergonomics)**

**HSICM102 (Slips, Trips and Falls)**

**HSICM103 (Back Injury Prevention)**

**HSICM104 (Workplace Violence Awareness)**

**HSICM105 (Managing Stress)**

**HSICM106 (Your Heart Matters)**

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**Bloodborne Pathogens Training: Preventing Disease Transmission / \$100 / 2 hours**

**(When added to a CPR course, only an additional hour to the overall time.)**

This newly-updated course meets OSHA's revised Bloodborne Pathogens Standard. This course teaches participants how bloodborne pathogens are spread, how to prevent exposures and what to do if exposed to infectious materials. Price covers training for up to 25 participants. Participants are issued a certification card.

**Bloodborne Pathogens: 1 year certification**

**Order #: 32650**

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**Oxygen Administration / \$100 / N/A / 2 hours**

**(When added to a CPR, only an additional \$5 per participant and 1.5 hours to the overall time.)**

Prepares laypersons with the knowledge of when and how to use supplemental oxygen and breathing devices. Professional rescuers also learn advanced skills in airway management. Price includes up to 25 participants. Oxygen Administration can also be taught as an add-on component with any of the CPR courses. Participants are issued a certification card.

**Oxygen Administration: 1 year certification**

**Order #: HSPRO102**

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**Epinephrine Auto-Injector Administration / \$150 / N/A / 2 hours**

**(When added to a CPR, only an additional \$5 per participant and 1 hour to the overall time.)**

Prepares responders with the knowledge of when and how to assist someone experiencing symptoms of anaphylaxis with the victim's prescribed Epi-pen. Price includes up to 25 participants. Participants are issued a certification card.

**Epinephrine Auto-Injector: 1 year certification**

**Order #: HSSFA501**

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**Inhaler Administration / \$150 / N/A / 2 hours**

**(When added to a CPR, only an additional \$5 per participant and 1 hour to the overall time.)**

Prepares laypersons with the knowledge of when and how to assist someone experiencing symptoms of an asthma attacks with the victim's prescribed rescue inhaler. Participants are also given information on use of spacers. Professional rescuers also learn advanced skills in progression of an asthma attack. Price includes up to 25 participants. Participants are issued a certification card.

**Inhaler: 1 year certification**

**Order #: HSSFA502**

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**Asthma and Allergy Emergencies / \$360 / \$45 / 3 hours**

**(When added to a CPR, only an additional \$20 per participant and 2 hours to the overall time.)**

This course teaches the skills and knowledge necessary to recognize and provide care to a person experiencing an allergic reaction and/or an asthma attack until advanced medical personnel arrive. An epinephrine auto-injector and bronchodilator will be demonstrated. This course also includes bloodborne pathogens training, which meets OSHA's Bloodborne Standard. Participants are issued a certification card.

**Bloodborne Pathogens, Epinephrine Auto-Injector, and Bloodborne Pathogens: 1 year certification (each)**

**Order #:**

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**Emergency Response / \$1,200\*\* / \$300 / 50 hours**

This advanced first aid course is designed to train on site first responders. Training materials comply with the 1995 U.S. Department of Transportation First Responder: National Standard Curriculum. This course covers response to breathing and cardiac emergencies for all ages, oxygen administration, assisting in some medication administration such as an epi-pen or inhaler, vital signs, and preparing someone for transportation by advanced medical personnel. This course will require five 10-hour days to complete.

*\*\*4 students minimum.*

**CPR: 2 years certification, First Aid (Emergency Response): 3 years certification**

**Order #: HSPRO103**

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NOTE: All certification classes listed above can be adapted into an overview format and be presented as a seminar. Participant in seminars is not recognized as a renewal class, and certifications will not be issued at the conclusion of the seminar.

## Workplace Skill Drills

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### Workplace Skill Drills NEW! / \$100-\$150\* / 1-3\* hours

This workplace review option is designed for those workplace's that would like a review in specific skills covered in any of the CPR and First aid courses. Supervisors or contacts can select from the list below of topics offered and the instructor will set up a scenario in which employees will respond using their skills they learned in their previous CPR and First Aid classes. Following completion of the scenario and response, the instructor will lead a discussion on what observations were made, how the response was handled and what could be improved as far as skill or knowledge to be reviewed. These drills can be scheduled anywhere from *monthly to every 6 months*. These drills are not for initial or recertification. Each drill is designed to accommodate a maximum of 10 participants.

*Price and time will change based on number of skills requested and level of training of employees.*

#### **For Layperson Certifications: First skill, \$100 and 1 hour; each additional skill \$25 and 30min**

- Conscious Choking / Adult/Child/Infant
- Unconscious Choking / Adult/Child/Infant
- Asthma Attack / Inhaler assistance
- Heart Attack – Adult / No AED
- Heart Attack – Adult / AED
- Broken Bone(s) / Splinting
- Soft Tissue Injury / External Bleeding
- Soft Tissue Injury / Burn
- Fainting / General Sudden Illness
- Poisoning
- Diabetic Emergency
- Stroke
- Anaphylactic Shock / Epi-pen administration
- Weather-Related Emergency
- Other skills as requested by contact/supervisor

#### **For Professional Rescuer Certifications: First skill, \$125 and 1 hour; each additional skill \$35 and 30min**

- Conscious Choking / Adult/Child/Infant
- Unconscious Choking / Adult/Child/Infant
- Asthma Attack / Inhaler assistance
- Unconscious and Not Breathing / BVM
- Heart Attack – Adult / AED
- Fainting / General Sudden Illness
- Anaphylactic Shock / Epi-pen administration
- Other skills as requested by contact/supervisor

*First Aid skills can be added if employees have a first aid certification. These skills will cost \$25 if added.*

#### **When requesting a skill drill, please provide the corporate outreach specialist with the following information:**

- Environment of workplace (office vs. outdoors).
- Age range of co-workers and clients (daycare or school vs. a professional office with no children).
- Level of certification of employees (layperson vs. professional rescuer vs. emergency response (medical first responder) certified).
- General description of type of emergency, including skills desired. (I.e. car accident vs. sudden illness in the workplace)

*The number of victims involved will be determined by number of participants.*

**Order #:WCARCS1**

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## Babysitting Classes

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### **Babysitter's Training – Fundamentals / \$440 / \$55 / 8 hours**

This fun and exciting course, for ages 11 years of age and older, teaches future and present sitters the importance of their unique job responsibilities. Participants will learn business practices in the world of sitting, how to act in an emergency, how to prevent accidents, how to play with children of all ages, how to feed and diaper babies, and much more. This course is for those that have not taken a previous babysitters course.

**Babysitters Training Certificate: No expiration**

**Order #:31400/32401**

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### **Babysitter's Training – Updated Fundamentals NEW! / \$360 / \$45 / 6 hours**

This sitters course is for those that have taken a babysitting class before with the American Red Cross, but are looking to update their skills and check out our new program. Students will receive the updated materials complete with a quick reference pocket book for basic response in an emergency and a resource DVD with their student book. Students will get exposure to new business techniques in the world of babysitting and a review of basic first aid steps.

**Babysitters Training Certificate: No expiration**

**Order #:31400R**

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### **Babysitter's Training – With Infant and Child CPR plus First Aid NEW! / \$520 / \$65 / 12.5 hours**

This fun and exciting course, for ages 11 years of age and older, teaches future and present sitters the importance of their unique job responsibilities. Participants will learn business practices in the world of sitting, how to act in an emergency, how to prevent accidents, how to play with children of all ages, how to feed and diaper babies, and much more. This course is for those that have not taken a previous babysitters course. Students meeting skill requirements will become certified in Infant and Child CPR and basic first aid.

**Babysitters Training Certificate: No expiration, CPR: 1 year certification, First Aid: 3 years certification**

**Order #:31400/32402**

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### **Babysitter's Training – With Infant and Child CPR NEW! / \$480 / \$60 / 10.5 hours**

This fun and exciting course, for ages 11 years of age and older, teaches future and present sitters the importance of their unique job responsibilities. Participants will learn business practices in the world of sitting, how to act in an emergency, how to prevent accidents, how to play with children of all ages, how to feed and diaper babies, and much more. This course is for those that have not taken a previous babysitters course. Students meeting skill requirements will become certified in Infant and Child CPR.

**Babysitters Training Certificate: No expiration, CPR: 1 year certification**

**Order #:31400/32460**

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### **Babysitter's Training – With Infant CPR NEW! / \$480 / \$60 / 8.5 hours**

This fun and exciting course, for ages 11 years of age and older, teaches future and present sitters the importance of their unique job responsibilities. Participants will learn business practices in the world of sitting, how to act in an emergency, how to prevent accidents, how to play and care for infants, and much more. This course is for those that have not taken a previous babysitters course and wish to specialize in infant sitting. Students meeting skill requirements will become certified in Infant CPR.

**Babysitters Training Certificate: No expiration, CPR: 1 year certification**

**Order #:31400/3244**

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### **Babysitter's Training – With Child CPR NEW! / \$480 / \$60 / 9 hours**

This fun and exciting course, for ages 11 years of age and older, teaches future and present sitters the importance of their unique job responsibilities. Participants will learn business practices in the world of sitting, how to act in an emergency, how to prevent accidents, how to play and care for children over the age of 1 year old, and much more. This course is for those that have not taken a previous babysitters course and wish to specialize in toddler through preschool-age child sitting. Students meeting skill requirements will become certified in Child CPR.

**Babysitters Training Certificate: No expiration, CPR: 1 year certification**

**Order #:31400/3245**

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### **Babysitter's Training – With Adult CPR NEW! / \$480 / \$60 / 9 hours**

This fun and exciting course, for ages 11 years of age and older, teaches future and present sitters the importance of their unique job responsibilities. Participants will learn business practices in the world of sitting, how to act in an emergency, how to prevent accidents, how to play and care for children over the age of 8 years old, and much more. This course is for those that have not taken a previous babysitters course and wish to specialize in school-age child sitting. Students meeting skill requirements will become certified in Adult CPR.

**Babysitters Training Certificate: No expiration, CPR: 1 year certification**

**Order #:31400/32420**

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**Babysitter's Training –Infant and Child CPR Update NEW! / \$360 / \$45 / 5 hours**

This course is for babysitters that have already taken the babysitting course and would like to add Child and Infant CPR to their certifications on their babysitting resume. Students meeting skill requirements will become certified in Infant and Child CPR.

**Babysitters Training Certificate: No expiration, CPR: 1 year certification**

**Order #:31400/HSSFA203**

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## Pet First Aid Classes

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### **Pet First Aid – Dog and Cat First Aid NEW! / \$480 / \$60 / 8 hours**

This course is for those who care for or work with both dogs and cats in their home or work environment. This course offers participants information on how to protect their furry friends during an emergency from further harm, injury, or suffering. Participants will learn basic first aid techniques for cats and dogs due to common illness, injury or life-threatening conditions. Emphasis is placed on home care or care provided to the cat or dog on the way to the emergency vet. A current Adult CPR and First aid certification is strongly encouraged, but not required for enrollment in this course. With enrollment in this course, students will receive copies of the instruction DVDs to take home to keep and review.

**Dog First Aid Certification: No expiration, Cat First Aid Certification: No expiration.**

**Order #:**

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### **Pet First Aid – Dog First Aid NEW! / \$360 / \$45 / 4 hours**

This course is for those who care for or work with dogs in their home or work environment. This course offers participants information on how to protect their furry friends during an emergency from further harm, injury, or suffering. Participants will learn basic first aid techniques for dogs due to common illness, injury or life-threatening conditions. Emphasis is placed on home care or care provided to the dog on the way to the emergency vet. A current Adult CPR and First aid certification is strongly encouraged, but not required for enrollment in this course. With enrollment in this course, students will receive a copy of the instruction DVD to take home to keep and review.

**Dog First Aid Certification: No expiration**

**Order #:**

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### **Pet First Aid – Cat First Aid NEW! / \$360 / \$45 / 4 hours**

This course is for those who care for or work with cats in their home or work environment. This course offers participants information on how to protect their furry friends during an emergency from further harm, injury, or suffering. Participants will learn basic first aid techniques for cats due to common illness, injury or life-threatening conditions. Emphasis is placed on home care or care provided to the cat on the way to the emergency vet. A current Adult CPR and First aid certification is strongly encouraged, but not required for enrollment in this course. With enrollment in this course, students will receive a copy of the instruction DVD to take home to keep and review.

**Cat First Aid Certification: No expiration**

**Order #:**

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## Online Classes

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### **NEW! Web-based Learning**

If you have computer that has internet access, you can participate in an exciting new online training program from the American Red Cross geared towards the needs of your employees! This option is normally best for those companies or organization that have a combination of new participants and previously certified participants and do not have the minimum number of participants to hold a separate class.

The first part of the training, the lecture and written test portions, are completed online, which allows you and your employees to learn at their own pace. You will also have the option of going through the course in an abbreviated format and testing out of lessons with which you may already be familiar. Should you need to step away for a moment for an important call or a meeting with your co-workers, it won't be a problem because the American Red Cross Web-based training can be stopped and started to fit into your schedule. **The average time spent in front of the computer is 3-4 hours.**

The second part of the training will be led by an instructor that will be sent out to your location at no additional cost (cost of instructor is included in the price online.) The practice and assessment component will ensure that you learn the hands-on skills necessary to save a life in an emergency. **Skills sessions normally run 2 hours in length**, plus any additional time for practice. The cost of the class includes an optional 1 hour practice session that will be added to the time upon request. If participants would like more than 1 hour for practice, the cost is \$50.00 per additional hour.

To take advantage of this option, please contact the Corporate Outreach specialist at 734-971-5300 ext. 206 at our chapter for registration details and scheduling an instructor for your skills assessment at your location.

### **The following courses are available online:**

- **Adult CPR & AED** (\$480 / \$55 / 1 hr skill session)
  - **Adult CPR, Basic First Aid & AED** (\$520 / \$65 / 1.5 hrs skill session)
  - **Adult/Child CPR with AED** (\$480 / \$60 / 1 .5 hrs skill session)
  - **Adult/Child CPR, Basic First Aid & AED** (\$520 / \$65 / 2 hrs skill session)
  - **Adult/Child/Infant CPR, Basic First Aid & AED** (\$560 / \$70 / 2 hrs skill session)
  - **Adult/Child/Infant CPR, Basic First Aid, Universal Precautions & AED** (\$600 / \$75 / 2 hrs skill session)
  - **Adult/Child/Infant CPR & AED** (\$520 / \$65 / 1.5 hrs skill session)
  - **AED Essentials** (\$200 / \$25 / 1 hr skill session)
  - **CPR Professional Rescuer & AED for Healthcare Providers** (\$600 / \$75 / 2 hrs skill session)
  - **CPR Professional Rescuer & AED for Healthcare Providers with Basic First Aid** (\$760 / \$95 / 2.5 hrs skill session)
  - **Basic First Aid** (\$280 / \$35 / 1 hr skill session)
  - **Basic First Aid and Universal Precautions** (\$360 / \$45 / 1 hr skill session)
  - **First Aid for Coaches** (\$360 / \$45 / 1 hr skill session)
  - **Oxygen Administration** (\$360 / \$45 / 1 hr skill session)
  - **Universal Precautions** (\$340 / \$30 / 30 min skill session)
-