



SPOTLIGHT ON SAFETY



Accidents are never planned. During emergencies, hands-on Cardio Pulmonary Resuscitation (CPR) and First Aid training prepares you for real-world emergency response.

WNC is committed to providing the best response in any emergency. As such, **ALL WNC EMPLOYEES** will be offered a free 4-hour American Heart Association (AHA) CPR course through *Advantage CPR Instruction*, with Adult, Child, and Infant training, including Automated External Defibrillator (AED) use. Each student has their own Manikin to practice with, which results in plenty of time to practice CPR until they are confident with the skills they have learned.

Employees on the WNC Emergency Response Team, in Facilities, Custodial, and at the Child Development Center, along with Faculty, Adjuncts, and Teaching Assistants in the CTE Shops, will be required to have this training. The *Advantage CPR Instructors* are all AHA, ASHI, and EMS Safety certified. CPR-First Aid training instructors will share real-world experiences as healthcare providers, first responders, paramedics, and firefighters.

Trained employees will receive a 2-year AHA Certification.

Additional instruction will include on scene surveying, recognizing the signs and symptoms of sudden illness, shock, or injuries. First Aid training will include methods of treating patients with injuries, such as controlling bleeding, bandaging, splinting, transporting patients, and treating victims for shock. Triage principles and legal aspects of providing first aid will be addressed, along with rescue breathing techniques, airway obstruction, and choking prevention. Basic physiology and anatomy of the heart & lungs. recognition and treatment of cardiopulmonary emergencies, such as heart attack, stroke, and seizures, will be addressed. Participants will learn how to prevent, recognize, and treat injured victims who are choking, severely bleeding, suffering from burn injuries, asthma emergencies, heat stroke, hypothermia, and many other frequent home and workplace emergencies.

The first set of AED/CPR/First Aid classes have been set...Register Now!

There are 3 ways to register:

1. Online (Preferred – Fastest & Easiest) Go to this link: [Register Online](#)

- Select your preferred class and add it to your cart
- Create an account (if you don't already have one)
- At checkout, enter code WILDCAT25 to waive the registration fee

2. By Phone - Call X54210

- If redirected to voicemail, please leave a message and we will return your call.

3. In Person - Visit the Information Desk in the Bristlecone Building

- If our staff are temporarily away, we appreciate your patience and are happy to assist as soon as we are available.

THANK YOU, WNC, FOR MAKING SAFETY A PRIORITY!
American Health and Safety Institute

AED, CPR, & FIRST AID TRAINING

The DRS. ABCD ACTION PLAN

In any situation, apply the “Doctors ABCD” acronym

Danger: Check for danger around you. Only act if it is safe.

Response: Is the person conscious? Test for a response.

Send For Help: Call 911 or send another to call 911 and direct responders to the scene.

Airway: Is the person's airway clear? Are they breathing?

Breathing: Listen for breathing. Look for chest rises and falls.

CPR: If adult is unconscious and not breathing, lay them flat on their back, begin CPR. If not trained or unwilling to give breaths, perform continuous chest compressions only. Place the heel of one hand in the center of their chest with your other hand on top. Press down firmly and smoothly, at a rate of 100 to 120 per minute. To the pace of “BeeGee's Staying Alive”

Defibrillator: For unconscious adults who are not breathing, apply an AED if available. Follow the instructions and pictures.

CONTACT:

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