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**CPR and First Aid Course Information and Rates**

CPR and First Aid teaches you how to identify and begin to treat a wide variety of medical and traumatic issues including Cardiac arrest, Choking, Fractures, Heart attack, Hemorrhage, Stroke and much more! I can teach CPR or First Aid only or all together. I also typically come to you to teach so you learn in the comfort of your own home!

I have been a First Aid and CPR instructor for 20 years and I have been working for the past 13 years as a Paramedic with a total of 15 years all together In EMS. Unlike a traditional course, with a traditional instructor, I bring all of this experience with me into your course allowing you the most in-depth and complete course filled with relevant localized information you will find anywhere!

**Adult CPR**

This course covers activating the emergency response system, cardiac and respiratory arrest, choking Heart Attack, Stroke and Use of the AED in Adults. Local Cardiac, Emergency and Neurological resources are all also discussed. **This is a 3 hour course**

**$40.00 per person**

**Infant and Child CPR**

This course covers activating the emergency response system, cardiac and respiratory arrest, choking and febrile seizures in infants and children. Local Pediatric Emergency resources are all also discussed. **This is a 2 hour course**

**$40.00 per person**

**First Aid**

This course allows you to evaluate and begin to stabilize a wide variety of medical and traumatic emergencies. Some topics covered in this course are, Hemorrhage/soft tissue injuries, orthopedic injuries, environmental injuries, traumatic and medical assessment, seizures diabetic emergencies and much more! **This is a 5 hour course**

**$50.00 per person**

**CPR**

This combines the Adult, Child and Infant CPR Course. **This is a 4 ½ hour course**

**$50.00 per person**

**CPR and First Aid for Families**

This combines the Adult, Child and Infant CPR Course with First Aid. **This is an 8-9 hour course and can be taught in 1 or 2 sessions.**

**$80.00 per person (a $20.00 savings!)**

**Professional Rescuer Level course also available!**

Discounts are given to Active Duty Military, First Responders, their Families and GNWDS Clients.

**All certifications are widely accepted and good for 2 years**

To schedule your course please contact The Great Northwest Doula Service:

**(253) 750-4281 Office**

**(281) 467-1795 Cell**

**greatnorthwestdoula@yahoo.com**