



## MAHS PREPARED DIVER TRAINING

**EMERGENCY FIRST RESPONSE** *Primary Care (CPR) and Secondary Care (first aid) with AED*  
Saturday, February 9, 2008 – 9 a.m.  
Splash Dive Center, 25 So. Quaker Lane, Alexandria, VA 22314

The course will include:

**Primary Care (CPR)** which teaches how to deal with emergencies that are immediately life threatening, including:

- Scene Assessment
- Barrier Use
- Primary Assessment
- Rescue Breathing
- Cardiopulmonary Resuscitation (CPR)
- Serious bleeding management
- Shock management
- Spinal injury management
- Automated External Defibrillator (AED)
- Conscious choking adult
- Emergency oxygen use orientation

**Secondary Care (first aid)** covers injuries or illnesses that are not immediately life threatening or when local EMS is unavailable or delayed, including:

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting for Dislocations and Fractures

The Emergency First Response program meets requirements for CPR and First Aid in the workplace (OSHA Guideline 29 CFR 1910.151), and incorporates the updated 2005 protocols for emergency patient care. Other organizations that recognize EFR as meeting their requirements are the United States Coast Guard, the Boy Scouts of America, and the American Council on Exercise (ACE).

Course should take approximately 5 hours.

**Course Fee: \$50** (Make check payable to “Earl Glock”)

Course fee includes EFR certification and use of training materials in class.

Course fee does **NOT** include the required (1) EFR Participant Manual (available from Splash Dive Center for \$25.95) or (2) EFR Participant DVD (available from Splash Dive Center for \$27.95), both of which must be reviewed prior to class.

To register and make arrangements to obtain Manual and DVD (or if you are interested in the class but can't make the February 9 session), contact the Course Instructor:

Earl Glock at (w) 202/293-7909

## MAHS PREPARED DIVER TRAINING



### OXYGEN FIRST AID FOR SCUBA DIVING INJURIES



Sunday, February 10, 2008 – 9 a.m.  
Splash Dive Center, 25 So. Quaker Lane, Alexandria, VA 22314

This course is designed to train the general diving public in the techniques of using oxygen as first aid for a suspected dive injury. In addition, this course will introduce the fundamentals of recognizing diving injury warning signs, response and management. Course should take approximately 4 hours.

**Course Fee: \$50** (Make check payable to “Earl Glock”)

Course Fee includes DAN certification and use of training materials in class.

Course fee does **NOT** include the required DAN Oxygen First Aid for Scuba Diving Injuries booklet with slate, available from Splash Dive Center for \$15.95.

A PADI specialty certification in Oxygen First Aid is also available for an additional \$30 processing fee.

To register and obtain DAN booklet (or if you are interested in the class but can't make the February 10 session), contact the Course Instructor:

Earl Glock at [earl@splashdivecenter.com](mailto:earl@splashdivecenter.com) or (w) 202/293-7909.