



## **First Aid Training, CPR Training, Safety Training**

We offer a full range of first aid training: CPR Training, Bloodborne Pathogen (BBP) Training, Automated External Defibrillator (AED) Training, and OSHA Compliance Safety Training. Our trainers are authorized providers of the American Heart Association instructional courses and programs. The American Heart Association is the foremost authority on the cardiovascular resuscitation science and is the publisher of the course guidelines. Furthermore, our experienced trainers combine video-based instruction and hands-on practice to maximize student retention during the course, and our low trainer to student ratio ensures highly personalized classes where each student has a chance for ample practice and trainer feedback.

### **Wellestra First Aid and CPR Training**

There are two choices for the First Aid and CPR training courses: (i) a 3-hour course that covers the basic principles of recognizing and responding to medical emergencies and treating injuries; and, (ii) a 7-hour course that goes more in depth and covers environmental and cardiac emergencies. A full cardiopulmonary resuscitation (CPR) is taught in this class as well as how to use an AED. For customers who wish for a deeper understanding and preparedness for cardiac arrest emergencies, we teach a separate AED training course that covers how to respond when cardiac arrest strikes and how to recognize and distinguish among the symptoms of a heart attack, stroke, and cardiac arrest. We provide first aid training and CPR training for the West Palm Beach Area.

### **Wellestra OSHA Safety Training**

Our OSHA Compliance Safety Training course is customizable to our customers' specific needs and industry type. Generally, this course includes Personal Protective Equipment (PPE), Emergency Preparedness, Respiratory Protection, Hearing Conservation, Eye Protection, Back Injury Protection, Hazard Communication, Fall Protection, Forklift Safety, Confined Space Entry, Ergonomics, Powered Industrial Truck Safety, Bloodborne Pathogens, Lockout/Tagout, Fire Extinguishers, Accident Investigation, and 10 or 30-hour general industry courses designed specifically for the safety managers/supervisors.

