



# EMERGENCY FIRST RESPONDER

**Creating Confidence to Care is what Emergency First Response® training will do for you.**

Above the standard of other similar courses, EFR® gives you the skills to administer Primary Care (CPR & Automated External Defibrillator) and Secondary Care (First Aid) to adults, children and infants while awaiting the arrival of Emergency Medical Services.

EFR teaches you how to deal with emergencies in potentially life-threatening situations. You will focus on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure you have the knowledge, understanding and confidence to use your skills. Here are many of the skills you will learn:

- Scene Assessment
- Rescue Breathing
- Shock Management
- External Defibrillator (AED) Training
- Barrier Use
- Spinal Injury Care
- Cardiopulmonary Resuscitation (CPR) Training
- Primary Assessment
- Bleeding Management

## The 2008 Schedule

February 6 @ 6:30pm

April 9 @ 6:30pm

July 9 @ 6:30pm

September 3 @ 6:30pm



## Fontana Sports Specialties

### Downtown

251 State Street  
Madison, WI 53703  
(608) 257-5043

### Westside

7948 Tree Lane Drive  
Madison, WI 53717  
(608) 833-9191

[www.fontanasports.com](http://www.fontanasports.com)

## WHAT DO I NEED TO START?

- No dive certification required
- No minimum age limit

## HOW LONG DOES IT TAKE?

The course incorporates independent study to prepare you for a classroom and hands-on skill development session with your instructor. You will learn the same patient care techniques used by medical professionals, but at a lay person level. Depending on the amount of independent study, courses may be completed in as little as two to four hours depending on class size.

## HOW MUCH DOES IT COST AND WHAT WILL I NEED?

The course cost is \$100.00 which includes the necessary books & materials.

## WHERE CAN I GO FROM HERE?

Emergency First Response Program (EFR) is the fastest-growing international CPR, Automatic External Defibrillator (AED) and First Aid training organization. Dedicated to training the lay rescuer, EFR courses encompass adult, child and infant CPR skills, provide AED and First Aid training, and feature an outstanding First Aid at Work component. The award-winning programs and state-of-the-art training materials make it a favorite among divers around the world.

Many divers take the Emergency First Response courses to meet program prerequisites, such as PADI Rescue Diver, or as preparation for becoming a PADI Dive master. The Emergency First Response program meets requirements for CPR and First Aid in the workplace (OSHA Guideline 29 CFR 1910.151), and incorporates the latest procedures for emergency patient care.