

EFR Training

Josh Lease

Emergency First Response® Instructor

PADI Master Scuba Diver Trainer



(415) 542-6121

josh@barbarycoastdivers.com



EMERGENCY
first response®

Courses approved by CAL/OSHA and Federal OSHA Guideline 29 CFR 1910.151. for workplace CPR & First Aid training

Skills You'll Learn

PRIMARY CARE (CPR) EMERGENCIES

The steps and techniques for handling life-threatening emergencies.

SECONDARY CARE (FIRST AID)

How to provide first aid that eases pain and reduces the risk of further harm in situations which are not life-threatening.

CARE FOR CHILDREN

how to respond to emergencies involving children and infants

CPR & AED

How to deliver CPR and use an AED (automated external defibrillator)

FIRST AID AT WORK

These courses are approved by CAL/OSHA and Federal OSHA Guideline 29 CFR 1910.151. for workplace CPR & First Aid training

EFR REFRESHER

Refresh your CPR and first aid skills every 24 months to stay current and certified

Course Options **all prices are per person*

PRIMARY CARE (CPR) & SECONDARY CARE (FIRST AID) & REFRESHER

eLearning Materials - \$120

Instruction - \$100

Total - \$220

Optional: CPR Barrier & Gloves Keychain for participants - \$12

CPR & AED

Only CPR & AED Training without Primary & Secondary Care

eLearning Materials - \$80

Instruction - \$80

Total - \$160

Optional: CPR Barrier & Gloves Keychain for participants - \$12

CARE FOR CHILDREN

optional supplement to Primary & Secondary Care course

eLearning Materials - \$120

Instruction - \$100

Total - \$220

REFRESHER

eLearning Materials - \$120

Instruction - \$100

Total - \$220

Optional: CPR Barrier & Gloves Keychain for participants - \$12