



New Curriculum Revisions to CPR and First Aid

According to recent findings, cardiovascular disease continues to be a major health issue for the population within the United States. As per the Center of Disease Control, “In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.”

The following statistics offer a sobering profile on the current state of health for this country’s population:

- In 2006, 631,636 people died of heart disease. Heart disease caused 26% of deaths—more than one in every four—in the United States.¹
- Heart disease is the leading cause of death for both men and women. Half of the deaths due to heart disease in 2006 were women.¹

¹ Heron MP, Hoyert DL, Murphy SL, Xu JQ, Kochanek KD, Tejada-Vera B. Deaths: Final data for 2006 [PDF-2.3M]. National Vital Statistics Reports. 2009; 57(14). Hyattsville, MD: National Center for Health Statistics.

The American Red Cross has recently updated their curriculum for teaching Cardio Pulmonary Resuscitation for the lay person. Within general industry, these courses satisfy OSHA requirements found in sections 1910.151(b), which states, “*In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid*”

In addition, as per 1910.1030(g)(2), employers are required “*to provide training to any employees who have occupational exposure to blood or other potentially infectious materials, such as employees assigned medical or first aid duties by their employers.*”

From their website, www.americancross.org, courses are described as “a combination of lecture, interactive video demonstrations featuring emergency scenarios that are likely to occur in a variety of environments and hands-on training to teach participants lifesaving skills.

- **First Aid:** Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.
- **CPR Adult:** Participants learn how to perform CPR and care for breathing and cardiac emergencies in adults
- **AED:** Participants learn how to use automatic external defibrillators

The length of time to deliver the class will vary dependent on selection of topics. Another recent change is the length of the certification, which is now for two years. Classroom and

blended learning options available. Contact your local East Coast Risk Management office to see how one of these invaluable courses can be set up for your workplace.

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