



## CPR and First Aid Online for Direct Support Professionals

- This is a 2 part class
  - Online Training Time Part 1 = 3 hours
  - Skill Check Training Time Part 2 = 1 ½ hours
- This training is good for two (2) years

A. Sign up for Part 1 in Cornerstone. Search for and **REQUEST** the course named:

**CPR and First Aid Online ASHI**

This will look like an instructor-led course where you select a date and time

B. Check your email; your confirmation email requires a reply and some additional information.

C. You'll receive a link to join ASHI for their online course. You receive the link on the date you selected then **you have one week** to follow the link and complete the course. The link expires after seven (7) days.

D. You will receive email confirmation that Part 1 is complete and you can look for and sign up for Part 2, your in-person Skill Check.

E. Sign up for Part 2 in Cornerstone named **CPR and First Aid Skill Check ASHI**. This is the instructor-led skill check to test your first aid and CPR abilities.

F. Go to the CHASE office in Farmington on the date and time you signed up for. Due to continued precautions for you and the instructors against the spread of COVID-19, there are basic health and safety procedures we must all follow.

1. Please arrive 15 minutes before your scheduled session.
2. When you arrive at the CHASE office in Farmington, please wear a mask.
3. You will be required to wash your hands as soon as you arrive and before you register.
4. You will have your own equipment, and a pocket mask will be provided for the CPR portion of the skill check.
5. Your skill check will cover use of an epi-pen, scene assessment, bandage, donning and doffing gloves, and CPR procedures.

G. Attend and complete the instructor-led Part 2. You'll receive your CPR/FA card and we'll update your Cornerstone account! This course is good for 2 years.

H. ASHI is the American Safety and Health Institute

### **Online success:**

1. Get a plan of action: when and where will you take this course?
2. Choose a quiet location that is good for learning and concentrating
3. Have some way to take notes, either electronically or with some paper and your favorite pen
4. Use a strongest internet connection possible

Thank you for choosing MORC Training!