

## Where Can I Take Classes?

Our classes are taught at two locations:

Harrington Hospital  
100 South Street  
Southbridge, MA 01550

Harrington HealthCare at Webster  
340 Thompson Road  
Webster, MA 01570

### Private Classes:

We offer private classes for organizations, businesses, municipal groups, industries, restaurants and other entities. A minimum number of students is required and attendance must not exceed the maximum. If the maximum is exceeded, multiple sessions would become necessary. Please call for details.



ENROLL ONLINE:  
[www.harringtonhospital.enrollware.com](http://www.harringtonhospital.enrollware.com)

Questions?  
Contact Jon Gorman, RN, BSN:  
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[jgorman@harringtonhospital.org](mailto:jgorman@harringtonhospital.org)



LEARN HANDS-ONLY CPR



# Cardiopulmonary Resuscitation (CPR) Bloodborn Pathogens First-Aid PALS/PEARS ACLS



## Because an **Emergency** can occur **ANYTIME!**

Accidents happen in life—and they can be scary. Your younger cousin spills a chemical on his leg. Your dad gets stung by a bee. You witness your grandmother clutch her chest in pain.

Harrington HealthCare is proud to be an authorized training center for the American Heart Association. We provide comprehensive CPR, First Aid, ACLS, PALS/PEARS and Bloodborn Pathogen education and training and our employees and the community.

*Nearly 85% of cardiac arrests occur in private settings.*

### **CPR/AED Training**

Our American Heart Association-led CPR and Automated External Defibrillator (AED) certification programs help increase survival rates by training people just like you to respond quickly.

The sad truth is most people don't survive a cardiac arrest. Four to six minutes is the window of opportunity for someone to act before it's too late, **but fewer than 3 percent of cardiac arrest victims get CPR from someone nearby.**

## Which Classes Fit Your Needs?

1. **Healthcare Provider CPR:** Designed for medical professionals.
2. **Healthcare Provider CPR Recertification:** Designed for medical professionals whose certification is about to expire.
3. **Heartsaver AED:** Learn the critical skills of CPR plus the advanced skill of the Automated External Defibrillator (AED).
4. **Pediatric First Aid & CPR:** Geared toward anyone with exposure to small children (daycare providers or agencies, grandparents). This class includes Heartsaver AED. The First Aid portion of the class focuses on Pediatric First Aid only.
5. **Adult First Aid & CPR:** This course is geared toward anyone with exposure to adults (caretakers, workplace, adult daycare agencies). This class includes Heartsaver AED. The First Aid portion of the class focuses on Adult First Aid only.
6. **Bloodborn Pathogens (BBP):** Designed to meet occupational safety and health administration (OSHA) requirements for employees in settings such as industry, Fortune 500 companies, occupational health, property management, hospital, security, and others. This course might also interest those in childcare, school personnel, maintenance, body arts/tattoo art and state corrections facilities.
7. **ACLS, PALS, PEARS:** We are also aligned with UMass Medical Center in Worcester and Baystate Medical Center in Springfield to deliver advanced courses such as ACLS, PALS and PEARS to medical professionals that require these courses in their work environments.
8. **Hands-Only CPR:** A non-certifying course available for large numbers and groups to provide basic knowledge of the most important piece of CPR. Please call for more information.