



Hackensack University Medical Center Life Support Training Center

Safe Sitter® Babysitter Training

The Safe Sitter® curriculum is designed for young teens in grades 6 to 8, and covers the following areas: safety skills, child care skills, first aid & rescue skills, and life & business skills.

Topics covered in Safe Sitter® include:

- **Safety Skills:** Indoor safety, outdoor safety, online safety, and personal safety.
- **Child Care Skills:** Child development, child care routines (including diapering practice), and behavior management.
- **First Aid & Rescue Skills:** Injury prevention, injury management, and choking rescue. CPR is an optional component.
- **Life & Business Skills:** Screening jobs, setting fees, and greeting employers.



Hackensack
Meridian Health
Hackensack University
Medical Center

2018 DATES:

Saturday, March 24
Sunday, June 24
Saturday, August 18
Sunday, October 21

TIME AND LOCATION:

9:30 a.m. - 4:30 p.m.
Research Lecture Hall, 2nd Floor
Hackensack University Medical Center
30 Prospect Avenue, Hackensack, NJ

COURSE FEE & INFORMATION:

\$75, includes student manual.
Please note: There is limited enrollment and pre-registration is required. Need-based scholarships are available.
Students should bring brown-bag lunch and drink to class.

REGISTRATION:

For registration or more information, please contact the Life Support Training Center at 551-996-2401 or by email at: cpctraining@hackensackmeridian.org



Heartsaver® CPR AED Courses

for Middle & High School Students 8th-12th Grade

Hackensack University Medical Center
Life Support Training Center offers
Heartsaver® CPR AED Training for Teens

ABOUT HEARTSAVER® CPR AED:

The American Heart Association's Heartsaver® CPR AED Course teaches basic CPR and AED skills. Students in 8th – 12th grade will learn CPR and first aid for choking for adults, children and infants, the use of barrier devices, and the use of the automated external defibrillator (AED).

This program is perfect for students planning summer employment as babysitters, camp/recreation counselors, waiters/waitresses, etc. Students receive a course completion card upon successful completion of the course requirements.

COST: \$70 per person

COURSE LOCATION:
Hekemian Conference Center
Hackensack University Medical Center
30 Prospect Avenue, Hackensack, NJ 07601

COURSE DATES:
Wednesday, May 30, 2018, 6 p.m. – 10 p.m. or
Wednesday, June 27, 2018, 6 p.m. – 10 p.m.

REGISTRATION AND INFORMATION:
For registration or further questions, please contact the Life Support Training Center by phone at 551-996-2401 or 551-996-8441 or by email at cpctraining@hackensackmeridian.org



Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.





Heartsaver® CPR AED Course: For Middle and High School Students

Registration and Payment Form

To enroll in this course, please complete and return this registration form with payment to:

By Mail: Hackensack University Medical Center
Life Support Training Center
30 Prospect Avenue
Hackensack, NJ 07601

By Fax: 551-996-2635

Payment can be made in the form of a **check or credit/debit card**. Please make checks payable to **Hackensack University Medical Center**. For credit/debit card payment, include card information below.

Registration Information:

Name of Participant: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Date of class: _____ Check number, if paying by check: _____

For Credit/Debit Card Payment: Please complete all required information.

Name of Cardholder: _____

Type of Card (check one): Visa MasterCard American Express Discover

Card Number: _____

CVV2 Code: _____

(Three-digit code on back of card or four-digit code on front of card)

Expiration Date: _____ Check one: Credit Debit Total Fee: \$ _____

Signature of Cardholder: _____

For Office Use Only: Date Received: _____

Material Sent: _____



Heartsaver® CPR AED Course: For Middle and High School Students in 8th - 12th Grade

The American Heart Association’s Heartsaver® CPR AED Course teaches basic CPR and AED skills. The class dates listed below are limited to students in 8th to 12th grade. Students will learn CPR and first aid for choking for adults, children and infants, the use of barrier devices, and the use of the automated external defibrillator (AED). This program is perfect for students planning summer employment as babysitters, camp/recreation counselors, waiters/waitresses, etc. Students receive a course completion card upon successful completion of the course requirements.

2018 Class Dates		
DAY	DATE	TIME
Wednesday	May 30, 2018	6 – 10 p.m.
Wednesday	June 27, 2018	6 – 10 p.m.

Cost: \$70 per person

Course Location: **The Hekemian Conference Center**
St. John Building, Ground Floor
Hackensack University Medical Center
30 Prospect Avenue
Hackensack, NJ 07601

Parking: Parking is available in the main parking garage. A complimentary parking voucher will be provided upon arrival to class. Please stop at the information desk in the main hospital lobby for a visitor’s pass, directions, and/or notification of room changes.

Please Note: A signed *Student Release Form* is required for any student who is under 18 years of age. A **doctor’s note** is required for participation in CPR training for those participants who are pregnant or have medical restrictions.

For questions or more information, please contact the Life Support Training Center by phone at 551-996-2401 or 551-996-8441 or by email at: CprTraining@HackensackMeridian.org.

Cancellation Policy: Full refund if you cancel up to seven days prior to the class, minus book fee (\$15 per book). No refunds will be issued after that time. Payment may be applied to a future class within the next three months. The Life Support Training Center reserves the right to cancel any course for which minimum enrollment numbers are not met. A full refund will be issued should that occur.

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