

**EMS1**  
ACADEMY



# 2019

## COURSE CATALOG

# TABLE OF CONTENTS

Airway Management	3
Capnography	3
Cardiac Care	4
Dispatch Communications for EMS	4
eACLS Recertification	4
EMS Operations and Management	4
EMT Interactive	7
EVOC - Fire/EMS	12
General Health and Wellness	13
General Human Resources	16
General Management Skills	20
General Professional Skills	23
General Safety/Compliance	25
Health and Wellness for EMS	31
Health Care Provider CPR	31
Mass Casualty Incidents for EMS	31
Medic Monthly (ALS)	32
Medic Monthly (BLS)	41
Medical/Clinical	51
Paramedic Interactive	53
Patient Handling	58
Pediatric Care	59
Pharmacology	59
Products and Technologies for EMS	59
Remember 2 Things	60
Tactical Emergency Medical Support (TEMS)	61
Trauma	61

## AIRWAY MANAGEMENT

- FULL-LENGTH COURSES

### Basic Airway Mastery

1 HOUR

The ability to effectively manage a patient's airway can impact that patient's outcome far beyond the time that prehospital providers are treating the patient. This course reviews airway management techniques applicable to both basic and advanced providers.

- TRAINING BLOCK COURSES

### Airway 1

1 HOUR

This video block covers a multitude of topics, including tips on opening airways, quick intubation, how to access limited airways, non-invasive capnography, capnography in the sedated patient, as well as tracheostomies, laryngectomies, and stomas.

Videos in this course include:

- Airway Tip for the New EMT
- Intubation Quick Tips
- Limited Airway Access
- Non-Invasive Capnography
- Capnography in the Sedated Patient
- Replacing a Pediatric Tracheostomy Tube
- Clinical Complications of Tracheostomy Tube

### Respiratory

2 HOURS

This video block course covers a multitude of topics, including asthma education, flow-safe II CPAP systems, capnography and pulse oximetry, as well as cardiac wheezes.

Videos in this course include:

- Flow-Safe II CPAP System
- Capnography and Pulse Oximetry
- Cardiac Wheezes
- Remember 2 Things: Lung Sounds
- Remember 2 Things: Deciding When an Asthma Patient Needs Advanced Care

- SINGLE VIDEO COURSES

- CPAP
- Lung Sounds
- Nasopharyngeal Airways
- The Bag Valve Mask
- Tracheotomies, Laryngectomies and Stomas

## CAPNOGRAPHY

- FULL-LENGTH COURSES

### Capnography for BLS: Getting Started with Capnography

1 HOUR

This course is designed to introduce the benefits of capnography, present a basic understanding of the capnogram, and how to use it to explore the physiology of the respiratory cycle.

## CARDIAC CARE

- FULL-LENGTH COURSES

### 12-Lead EKG

3 HOURS

This course is focused on the student learning and refreshing their knowledge on how to read the 12 lead EKG. The course is designed for students to review the basics of heart anatomy, the electrophysiology and basics of the EKG, basics of the 12 lead EKG, developing a standard approach to interpretation, and looking at all of the issues that will present itself during an assessment that will lead you to believe that the 12 lead EKG is abnormal and that cardiac ischemia or cardiac damage has occurred. This course will not discuss treatment of cardiac disease since this is a topic for your local protocols.

### Current Trends in Stroke Care

1 HOUR

This course reviews the two types of stroke and the assessment and treatment techniques currently available to EMS providers. Particular attention is paid to in-hospital treatment of ischemic strokes, as well as emerging assessment and treatment options for large vessel obstruction (LVO) strokes. Recent research has shown that LVO may benefit from specialized treatment and that EMS may be called upon to specifically identify patients at risk for LVO in the field.

- SINGLE VIDEO COURSES

- 12-Lead EKGs in the Field
- 4 Types of Shock
- Brain Attack
- What Would You Do: Unsigned DNR
- Women and Heart Attacks

## DISPATCH COMMUNICATIONS FOR EMS

- SINGLE VIDEO COURSES

- Radio Communications: Part 1
- Radio Communications: Part 2

## EACLS RECERTIFICATION

- FULL-LENGTH COURSES

### eACLS Recertification

8 HOURS

This program is designed to meet all the requirements of regulatory authorities for initial and refresher advanced cardiovascular life support (ACLS) training in accordance with the 2015 Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care.

## EMS OPERATIONS AND MANAGEMENT

- FULL-LENGTH COURSES

### EMS Crew Resource Management

1 HOUR

This course will define the concept of CRM and explain how CRM benefits both responder safety and patient care.

## **EMS Research**

*1 HOUR*

Research is the method which broadens our understanding and capitalizes on study completed by others. This course provides the learner with research tools and methods to extract the necessary and needed knowledge to better perform the job of an EMS professional.

## **Evidence-based Guidelines for EMS Providers**

*1 HOUR*

This one-hour course introduces EMS providers to the idea of evidence-based medicine and how it affects EMS providers and their patients. EMS has been advancing as a practice of medicine, and much of that has to do with the progression of using expert opinion to develop treatment guidelines and using peer-reviewed literature, some even published by EMTs and paramedics.

## **Six Core Elements of the EMS Culture of Safety**

*1 HOUR*

After defining the six core elements of a culture of safety, the course discusses the roles of various stakeholders in both creating and sustaining a culture of safety.

### **• TRAINING BLOCK COURSES**

## **Emergency Operations EMS1**

*1 HOUR*

In this video block course, a multitude of topics are covered, including incident scene operations, moving patients to stretchers, medical condition pre-planning, as well as patient safety. This course also offers three videos that apply specific situations you may find yourself in, as it relates to emergency operations.

Videos in this course include:

- How we Should Operate at the Incident Scene
- Lifting and Moving the Patient on the Stretcher
- Stretcher Safety Tips
- Patient Safety
- What Would You Do: Kickboxer Down
- What Would You Do: Freeway Response - Who's in Control?
- What Would You Do: Snowbound

## **EMS Street Survival - 1**

*1 HOUR*

This video block course covers a multitude of topics, including safety and mental preparation, as it relates to street survival.

Videos in this course include:

- EMS1 Street Survival: 1. Overview and Introduction
- EMS1 Street Survival: 2. Tips for Increasing Safety
- EMS1 Street Survival: 3. Getting Your Head Right, Pt. 1
- EMS1 Street Survival: 4. Getting Your Head Right, Pt. 2

## **EMS Street Survival - 2**

*1 HOUR*

This video block course covers a multitude of topics, including mental and verbal control, scene coordination, as well as approaching the scene.

Videos in this course include:

- EMS1 Street Survival: 5. Controlling Your Inner Idiot

- EMS1 Street Survival: 6. Scene Coordinator
- EMS1 Street Survival: 7. Approaching the Scene

## **EMS Street Survival - 3**

*1 HOUR*

This video block course covers a multitude of topics regarding street survival, including contact partners, emotionally disturbed people, excited delirium, as well as weapon awareness.

Videos in this course include:

- EMS1 Street Survival: 8. Contact Partners
- EMS1 Street Survival: 9. Emotionally Disturbed People
- EMS1 Street Survival: 10. Excited Delirium
- EMS1 Street Survival: 11. Weapon Awareness

## **EMS Street Survival - 4**

*1 HOUR*

This video block course covers a multitude of topics regarding street survival, including searching for weapons, weapons of convenience, firearms, as well as home defense systems.

Videos in this course include:

- EMS1 Street Survival: 12. Weapon Search
- EMS1 Street Survival: 13. Weapons of Convenience
- EMS1 Street Survival: 14. Firearms
- EMS1 Street Survival: 15. Home Defense Systems

## **Legal**

*2 HOURS*

This video-block course extensively covers medical-legal issues and good Samaritan misconceptions that may arise in your field of work.

Videos in this course include:

- Medical-Legal Issues, Lesson 1
- Medical-Legal Issues, Lesson 2
- Medical-Legal Issues, Lesson 3
- Medical-Legal Issues, Lesson 4
- Good Samaritan Misconceptions

## **Operations EMS1**

*1 HOUR*

This video block course covers a multitude of topics on EMS operations.

Videos in this course include:

- Remember 2 Things: Quality Assurance Review
- Remember 2 Things: Quality Assurance Review #2
- Remember 2 Things: Scope of Practice
- Remember 2 Things: Expanding your Protocols
- Remember 2 Things: How to Begin and End a Handoff Report

## **Vehicle Operations EMS1**

*1 HOUR*

This video block course covers a multitude of topics about vehicle operations, including EMS on bikes, maintaining vehicles, as well as BLS/ALS equipment.



Videos in this course include:

- EMS on Bikes, Lesson 1
- EMS on Bikes, Lesson 2
- EMS Vehicle Check: Lesson 1, Safety & Maintenance
- EMS Vehicle Check: Lesson 2, BLS Equipment
- EMS Vehicle Check: Lesson 3, ALS Equipment

• SINGLE VIDEO COURSES

- ALS to BLS Hand Off
- Applying Classroom Skills in the Field
- Calling in Your Patient Report
- Cell Phones
- EMS Street Survival, Lesson 1
- EMS Street Survival, Lesson 2
- EMS Street Survival, Lesson 3
- EMS Task Force
- Exam Prep Product
- Formalize Your Education
- Give Back to the EMT/EMS Profession
- HIPAA: Permitted Uses and Disclosures
- Know What You Are Getting Into
- Know Your Stuff: Advice For Instructors
- Laptop e-PCR
- Lifelong Learning in Healthcare
- Medical Condition Preplanning
- Medical-Legal Issues, Lesson 5
- NAEMSE: Why do you want to be an instructor?
- Scenarios About Applying HIPAA in the Real World
- Starting Out in EMS
- The Importance of an Open Mind
- The Importance of Networking for EMS Instructor
- The Power of Persuasion
- Three Tips for New Instructors
- Tips for EMS Instructors
- Tips for New Graduates: Look the Part
- Tips for Teachers
- Value Your Educators
- What Would You Do: Excessive Speed

## EMT INTERACTIVE

• FULL-LENGTH COURSES

### EMT Interactive-Module 01-EMS Systems

*30 MINUTES*

This course focuses on EMS systems and how to use those as an Emergency Medical Technician. Additionally it describes the levels of EMT training in terms of skill sets needed for each of the following: EMR, EMT, AEMT, and paramedic.

### EMT Interactive-Module 02-Workforce Safety and Wellness

*30 MINUTES*

This course covers the National EMS Education Standard Competencies for workplace safety which includes: Standard safety precautions, Personal protective equipment, Stress Management, Dealing with death and dying, Prevention of response-related injuries and Prevention of work-related injuries.

## **EMT Interactive-Module 03-Medical Legal and Ethical Issues**

*30 MINUTES*

This course follows the National EMS Education Standard Competencies in regards to medical, legal and ethical issues. The content defines what consent is and how it relates to decision making. It also explains local EMS system protocols for using forcible restraint and your role and obligations if a patient refuses treatment or transport. Finally, it discusses the relationship between patient communications, confidentiality, and the Health Insurance Portability and Accountability Act. (HIPAA)

## **EMT Interactive Module 04-Communications and Documentation**

*2 HOURS 30 MINUTES*

This course discusses the techniques of effective verbal communication. It gives the EMT information on skills that should be used to communicate with family members, bystanders, people from other agencies, and hospital personnel. It also focuses on special considerations in communicating with older people, children, patients who are hard of hearing, visually impaired patients, and non English-speaking patients.

## **EMT Interactive-Module 05-Medical Terminology**

*30 MINUTES*

This course identifies the four components that comprise a medical term. It also breaks down the meaning of a medical term based on the elements of the term, defines error-prone medical abbreviations, acronyms, and symbols. As well as helping the EMT interpret selected medical abbreviations, acronyms, and symbols.

## **EMT Interactive-Module 06-The Human Body**

*1 HOUR 30 MINUTES*

This course identifies the body's topographic anatomy, including the anatomic position and the planes of the body. As well as an understanding of the anatomy and physiology of the skeletal system and physiology of the musculoskeletal system.

## **EMT Interactive-Module 07-Life Span Development**

*30 MINUTES*

This course focuses on the life span of a human being. It provides knowledge of the terms used to designate the following stages of life: infants, toddlers, preschoolers, school-age children, adolescents (teenagers), early adults, middle age adults, and older adults.

## **EMT Interactive-Module 08-Lifting and Moving Patients**

*30 MINUTES*

This course explains the need and use of the most common patient-moving equipment, the stretcher, and backboard. It also demonstrates the technical skills and general considerations required of EMTs during safe patient handling.

## **EMT Interactive-Module 09-Patient Assessment**

*30 MINUTES*

This course explains how the different causes and presentations of emergencies will affect how EMTs perform each step of the patient assessment process.

## **EMT Interactive-Module 10-Airway Management**

*1 HOUR 30 MINUTES*

This course explains how to assess for adequate and inadequate respiration, including the use of pulse oximetry. Also the assessment and management of adequate and insufficient ventilation for patients.



## **EMT Interactive-Module 11-Principles of Pharmacology**

*30 MINUTES*

This course defines the terms pharmacodynamics, therapeutic effects, indications, side effects, unintended effects, and untoward effects. It also explains the differences between a generic medication name and a trade medication name; provide an example of each. The course also contains information on differentiating enteral and parenteral routes of medication administration.

## **EMT Interactive-Module 12-Shock**

*30 MINUTES*

This course describes the pathophysiology of shock (hypoperfusion). It identifies the causes of shock. As well as describe the steps to follow in the emergency care of the patient with various types of shock.

## **EMT Interactive-Module 13-BLS Resuscitation**

*30 MINUTES*

This course explains the elements of basic life support (BLS), how it differs from advanced life support (ALS), and why BLS must be applied rapidly.

## **EMT Interactive Module 14-Medical Overview**

*30 MINUTES*

This course differentiates between medical emergencies and trauma emergencies, remembering that some patients may have both.

## **EMT Interactive-Module 15-Respiratory Emergencies**

*30 MINUTES*

This course discusses the pathophysiology of respiration, including examples of the common signs and symptoms a patient with inadequate breathing may present with in an emergency situation.

## **EMT Interactive-Module 16-Cardiovascular Emergencies**

*1 HOUR*

This course explains the assessment for patients with cardiovascular problems. It defines the relationship between airway management and the patient with cardiac compromise. It will also cover the indications and contraindications for the use of aspirin and nitroglycerin. As well as AED usage, cardiac surgery and patients that may have implanted pacemakers or defibrillators.

## **EMT Interactive-Module 17-Neurological Emergencies**

*30 MINUTES*

This course explains how to determine non-serious conditions compared to more serious ones. It also describes the primary assessment of a patient who is experiencing a neurologic emergency and the necessary interventions that may be required to address all life threats.

## **EMT Interactive-Module 18-Gastrointestinal and Urologic Emergencies**

*30 MINUTES*

This course explains the procedures to follow in the assessment and management of acute and chronic gastrointestinal hemorrhage, peritonitis, and ulcerative diseases.

## **EMT Interactive-Module 19-Endocrine and Hematologic Emergencies**

*30 MINUTES*

This course will describe the interventions for providing emergency medical care to both a conscious and unconscious patient with an altered mental status and a history of diabetes who is having symptomatic hyperglycemia.

## **EMT Interactive-Module 20-Immunologic Emergencies**

*30 MINUTES*

This course will explain the importance of managing the ABCs of a patient who is having an allergic reaction. It also focuses on how to differentiate the primary assessment for a patient with a systemic allergic, anaphylactic reaction, or a local reaction.

## **EMT Interactive-Module 21-Toxicology**

*1 HOUR*

This course will describe the assessment and treatment of a patient with a suspected overdose or poisoning. It will also define toxicology, poison, toxin, and overdose and the common signs that will alert medical personnel.

## **EMT Interactive-Module 22-Psychiatric Emergencies**

*30 MINUTES*

This course explains special considerations when EMTs are assessing and managing a behavioral crisis or psychiatric emergency.

## **EMT Interactive-Module 23-Gynecologic Emergencies**

*30 MINUTES*

This course discusses the special, age-related patient management considerations EMTs should provide for both younger and older female patients who are experiencing gynecologic emergencies.

## **EMT Interactive-Module 24-Trauma Overview**

*30 MINUTES*

This course defines the term mechanism of injury (MOI), blunt trauma, and penetrating trauma in relationship to injuries that occur in motor vehicle accidents and other trauma events. It will explain the five types of motor vehicle crashes, the injury patterns associated with each one, and how each relates to the index of suspicion of life-threatening injuries. It will also discuss the three specific factors to consider during assessment of a patient who has been injured in a fall.

## **EMT Interactive-Module 25-Bleeding**

*1 HOUR*

This course describes the general structure of the circulatory system and the function of its parts, including the heart, arteries, veins, and capillaries. It also explains the significance of bleeding caused by blunt force trauma, including the importance of perfusion.

## **EMT Interactive-Module 26-Soft Tissue Injuries**

*1 HOUR*

This course describes the differences in soft tissue injuries. It explores how to treat burns, cuts, or bites when it comes to soft tissue trauma. It also explains the pathology and assessment of these types of wounds.

## **EMT Interactive-Module 27-Face and Neck Injuries**

*1 HOUR*

This course explain the emergency care of a patient who has sustained face and neck injuries; include assessment of the patient, review of signs and symptoms, and management of care.

## **EMT Interactive-Module 28-Head and Spine Injuries**

*1 HOUR*

This course explains the different types of head injuries, the potential mechanism of injury (MOI), and general signs and symptoms of a head injury that EMTs should consider when performing a patient assessment.

## **EMT Interactive-Module 29-Chest Injuries**

*1 HOUR*

This course outlines and recognizes the signs of a chest injury. Additional skills focus on the management of a patient with a suspected chest injury, including pneumothorax, hemothorax, cardiac tamponade, rib fractures, flail chest, pulmonary contusion, traumatic asphyxia, blunt myocardial injury, commotio cordis, and laceration of the great vessels. As well as the complications that can accompany chest injuries.

## **EMT Interactive-Module 30-Abdominal and Genitourinary Injuries**

*1 HOUR*

This course describes the anatomy and physiology of the abdomen; including an explanation of abdominal quadrants and boundaries and the difference between hollow and solid organs. The course has a concentration of special considerations related to the care of pediatric patients and geriatric patients who have experienced abdominal trauma. What is the mechanisms of injury (MOI) likely to cause this type of trauma, and common signs and symptoms exhibited by patients who have experienced abdominal and genitourinary injuries.

## **EMT Interactive-Module 31-Orthopaedic Injuries**

*1 HOUR 30 MINUTES*

This course describes the anatomy and physiology of the musculoskeletal system. As well as the four mechanisms of injury. You will also be able to describe the different types of musculoskeletal injuries, including fractures, dislocations, amputations, sprains, and strains.

## **EMT Interactive-Module 32-Environmental Emergencies**

*1 HOUR 30 MINUTES*

This module describes the process of providing emergency care to a patient who has sustained an injury due to environmental circumstances. It will include things such as exposure to heat or cold, a bite or sting, snake bites, chemical exposure, treating a patient with heat stroke, or injuries in the water. It will also concentrate on how to care for a patient who is suspected of having an air embolism or decompression sickness. This module describes the process of providing emergency care to a patient who has sustained an injury due to environmental circumstances. It will include things such as exposure to heat or cold, a bite or sting, snake bites, chemical exposure, treating a patient with heat stroke, or injuries in the water. It will also concentrate on how to care for a patient who is suspected of having an air embolism or decompression sickness.

## **EMT Interactive-Module 33-Obstetrics and Neonatal Care**

*2 HOURS*

This course will identify the anatomy and physiology of the female reproductive system. Explain the normal changes that occur in the body during pregnancy. Finally, recognize complications of pregnancy including abuse, addiction, hypertensive disorders, bleeding, spontaneous abortion (miscarriage), and gestational diabetes.

## **EMT Interactive-Module 34-Pediatric Emergencies**

*3 HOURS*

This module explains some of the challenges inherent in providing emergency care to pediatric patients and why effective communication with both the patient and his or her family members is critical to a successful outcome. It will discuss the physical and cognitive developmental stages of an infant through teenagers, including health risks, signs that may indicate illness, and patient assessment.

## **EMT Interactive-Module 35-Geriatric Emergencies**

*1 HOUR*

This course defines the impact of age-related changes on assessment and care. You will learn about the changes associated with aging, psycho-social aspects of aging and age-related evaluation and treatment modifications for the primary or common geriatric diseases and emergencies. This course content will define the term geriatrics and some of the special aspects of the lives of older people. Also how to understand generational considerations when communicating with a geriatric patient.

## **EMT Interactive-Module 36-Patients With Special Challenges**

*1 HOUR*

This course applies a fundamental knowledge of individuals that need special support during transport. This course provides basic emergency care and transportation for a patients with special needs. These include Children who were born prematurely and who have associated respiratory problems, Infants or small children with congenital heart disease, Patients with neurological disease, Patients with sensory deficits such as hearing or visual impairments and Geriatric patients with chronic diseases.

## **EMT Interactive-Module 37-Transport Operations**

*30 MINUTES*

This course explains the different equipment that many of today's ambulances are equipped with to include state-of-the-art technology. This technology can greatly aid in directing the route and mode of response of the ambulance. It is also distracting and, therefore, potentially places the crew at higher risk for crashes. Additional course focus includes following all safety guidelines, the emphasis on the rapid response that may place the EMT in great danger while responding to calls.

## **EMT Interactive-Module 38-Vehicle Extrication and Special Rescue**

*30 MINUTES*

This course explains the responsibilities of an EMT during a patient rescue and vehicle extrication. It also discusses how to ensure safety at the scene of a rescue incident, including scene size-up and the selection of the proper personal protective equipment and additional necessary gear. An additional focus of the training is real life examples of vehicle safety components that may be hazardous to both EMTs and patients following a collision and how to mitigate their dangers.

## **EMT Interactive-Module 39-Incident Management**

*2 HOURS*

This course describes the purpose of the National Incident Management System (NIMS) and its major components. It will also define the purpose of the incident command system (ICS) and its organizational structure when explaining the role of EMS response and public safety within the ICS.

## **EMT Interactive-Module 40-Terrorism Response and Disaster Management**

*30 MINUTES*

This course defines the knowledge of operational roles and responsibilities to ensure patient, public, and personnel safety during Mass-Casualty Incidents Due to Terrorism or Disasters. It defines international terrorism and domestic terrorism; including examples of incidents that have been caused by each one.

## **EMT Interactive-Module 41-A Team Approach to Health Care**

*30 MINUTES*

This course defines the continuum of care and the advantages of a team over a group; including the advantages of regularly training and practicing together. It also explores the gradually changing environment for emergency health care providers. Recognizing that by working as a unified team from first patient contact to patient discharge, it was possible to improve individual and team performance; patient and provider safety; and, ultimately, patient outcome.

## **EVOC - FIRE/EMS**

- FULL-LENGTH COURSES

## **Emergency Vehicle Driving Dynamics**

*1 HOUR*

Driving and operating emergency vehicles is very challenging and one of the most hazardous duties performed by emergency response personnel every day. It requires a complete understanding of how the forces of nature and physics work both for and against the safe operation of emergency vehicles. In this 1 hour course, learners will

study the dynamic effects of forces like inertia, friction, and mass to better understand how the laws of physics are always in control of an emergency vehicle.

## **Emergency Vehicle Driving Requirements**

*1 HOUR*

There are five categories of Emergency Vehicle Driving Requirements that all emergency personnel must know. This 1-hour course explains the importance of emergency vehicle driving, the impact of vehicle accidents to you and the organization, responsibilities for safe emergency vehicles operations, and the factors that contribute to an incident involving emergency vehicles. Learners will take away an essential understanding of the complexities of driving under emergency conditions, the hazards of intersections and finally the risks of backing apparatus and vehicles.

## **Emergency Vehicle Driving Techniques**

*1 HOUR*

The final segment of the Emergency Vehicle Operations Course will introduce the student to actually operating an emergency vehicle under emergency response conditions. A number of important factors will be discussed, including the driver operators Capabilities, Safety and Adverse Driving Conditions, Basic Emergency Driving Maneuvers, and Crash Factors. The final segments of the course will draw the students attention to some fairly new concepts such as Due Regard, True Emergencies, Defensive Offensive Driving, S.I.P.D.E. and Aiming High. Although some of these concepts might sound strange, the student will appreciate the value of each of these concepts as they relate to the safe operation of all types of emergency vehicles.

## **Emergency Vehicles Characteristics**

*30 MINUTES*

This 30-minute course will focus on vehicle features that the Emergency Vehicle Driver should know. The course will define the various types of Emergency Vehicle Inspections and maintenance programs a department must have set-up. The course will also focus on the different weight distribution factors and center of gravity when driving these emergency vehicles.

## **Selecting the Proper Personnel - Ability and Attitude**

*1 HOUR*

Selecting Personnel that will drive an emergency vehicle is one of the most difficult tasks to accomplish. You want to select someone who can control emotions during extreme circumstances. This 30-minute course will explain that proper personnel selection procedures are the first steps in developing an effective, safe emergency vehicle driver program. It will also define the legal aspects of emergency vehicle operations and why it is necessary to have standard operating guidelines.

## **GENERAL HEALTH AND WELLNESS**

### **• FULL-LENGTH COURSES**

## **Dealing with Stress**

*1 HOUR*

This one-hour course aims to prepare you with the necessary tools to pick up on the cues indicating that things may be more stressful than just the normal, everyday triggers that ebb and flow in all of our lives.

## **Diabetic Emergencies**

*1 HOUR*

Diabetes is a growing health concern. Many people are at serious risk and unaware that they are even diabetic. Others may be managing their diabetes, but they may have forgotten to take their insulin, or they forgot to eat and are now having a crisis. You may very well be working with someone who is diabetic and not even know it. If a co-worker were to suffer a diabetic emergency, would you know how to help them? Understanding the signs and symptoms of diabetic emergencies will help you to respond confidently and effectively to help a person experiencing a diabetic emergency.

## **Eating Right for Health and Fitness**

*1 HOUR*

By 2030, recent reports project that half of all adults in the United States will be obese. In order to feel healthier from the inside out, it is essential to understand what you are eating and how you are eating. In this course, we will tackle the root issue behind these illnesses lack of proper diet and exercise.

## **High Blood Pressure – Reducing Your Risks**

*1 HOUR*

This course defines high blood pressure and describes the lifestyle changes that you can make to lower your risk of hypertension while improving your overall health.

## **Interacting with the Mentally Ill as a First Responder**

*1 HOUR*

With the increased number of cases in the mental health population as well as greater mental instability within the general public, dealing with the mentally ill has become a common occurrence for first responders. Often lacking is a strong knowledge base and proper tools and techniques for how to handle and interact with these individuals safely and effectively. Proper identification and understanding of the major mental disorders are essential. Additionally, being able to identify the various classes of psychiatric medications and their uses will help the first responder in the identification of the type of mental illness as well as guide his or her interaction.

## **Opioid Crisis: Protecting Our First Responders**

*1 HOUR*

The increased availability of synthetic opioids coupled with the heroin epidemic has not only led to a significant increase in overdoses and deaths, but also an increased risk to first responders who must come into contact with these substances during the course of their duties. Exposure to small amounts, the size of a grain of sand, can lead to respiratory depression and even death. Proper identification and knowledge of the various opioids, signs and symptoms of exposure, and immediate life-saving measures to be employed in the event of exposure are critical to saving the life of yourself or others. Additionally, the likelihood of first responder exposure requires the implementation of universal precautions including but not limited to personal protective equipment (PPE), Narcan training, and specific procedures for testing of suspected substances.

## **Sleep and Your Health**

*1 HOUR*

Sleep is an essential part of our lives. Unfortunately, many of us take the importance of sleep for granted. Quite often stress, work, and life in general get in the way of a good night's rest. Poor sleep hygiene impacts not just the individual but society as a whole. Understanding the signs and symptoms of sleep deprivation along with the various sleep disorders will help you to identify potential warning signs in yourself and that of others. There are many effective treatments available for sleep disorders along with various tips and tools for getting better sleep.

## **Smoking Cessation**

*1 HOUR*

The use of tobacco is one of the most prevalent, deadly, and costly of habits. Smoking is bad for not just your own health but for those around you as well. Recognizing and accepting the reasons why you should quit is half the battle. You need the help and support from effective treatment options to help you quit smoking for good. Lastly, having a realistic plan to quit smoking and knowing about the many resources available for you or others will set you on the path to becoming a non-smoker.

## **Stress and Your Health**

*1 HOUR*

This one-hour course explains the importance of understanding and effectively reducing stress in daily life. Stress and Your Health will provide practical applications of stress management.



## **Tourette Syndrome and Other Neurological Disorders**

*1 HOUR*

Tourettes disorder is the most widely studied and most severe of the tic disorders. Tourettes disorder and the other associated neurological disorders can have a significant impact not only on the daily lives of the persons affected but those around them as well. Understanding the signs and symptoms of Tourette's disorder along with ADHD and OCD will help you to identify the conditions, have a better understanding of these disorders, and an appreciation for the struggles these individuals live with on a daily basis. There are many effective treatments available in the battle against these various disorders along with many resources available for you or others to seek help.

## **Understanding Anxiety Disorders, OCD, and PTSD**

*1 HOUR*

Anxiety disorders are second only to mood disorders in terms of being the most commonly diagnosed mental disorders. Anxiety disorders can affect anyone and have a significant impact on their daily lives. Understanding the signs and symptoms of the anxiety disorders along with OCD and PTSD will help you to identify potential warning signs in yourself and that of others. There are many effective treatments available in the battle against these various disorders along with many resources available for you or others to seek help.

## **Understanding Autism Spectrum Disorder**

*1 HOUR*

Autism spectrum disorder (ASD) can cause significant social, emotional, communication, and behavioral challenges. People with autism spectrum disorder interact, behave, and communicate in different ways than most people. People with ASD vary in terms of their abilities and the amount of help they need. ASD can have a significant impact not only on the daily lives of the persons affected but those around them as well. Understanding the signs and symptoms of autism spectrum disorder will help you to identify the unique features of the disorder and have a better understanding of and an appreciation for the struggles these individuals live with on a daily basis. While there are no cures, there are many effective treatments along with many resources available.

## **Understanding Behavior, Burnout and Depression**

*1 HOUR*

Usually, we all cope with our life situations successfully. Sometimes, however, we may feel overwhelmed by certain events or difficulties. Some people suffer from brief periods of mental illness or instability and then seem to recover completely. Others suffer from mental disorders for most of their lives. Regardless of the cause or the duration of the mental illness, following the completion of this one hour course, you to be able to recognize mental health difficulties.101")

## **Understanding Carpal Tunnel Syndrome**

*30 MINUTES*

As you proceed through this course, you'll learn some important facts that will help you to understand better what carpal tunnel syndrome is all about. Some may surprise you, but all of them will help you to make more informed decisions about how to better take care of your hand/wrist health.

## **Understanding Depression and Bipolar Disorder**

*1 HOUR*

Mood disorders are the most commonly diagnosed of all the mental disorders. Depression and bipolar disorder can affect anyone and have a significant impact on his or her daily life. Understanding the signs and symptoms of these two conditions will help you to identify potential warning signs in yourself and that of others. There are many effective treatments available in the battle against depression and bipolar disorder along with many resources available to seek help.

## **Understanding Eating Disorders**

*1 HOUR*

Eating disorders are treatable medical illnesses which include anorexia, bulimia, and binge eating disorder. Quite

often, eating disorders coexist with other mental disorders such as anxiety disorders, depression, and substance abuse. Eating disorders can become life-threatening if a person does not receive proper treatment. Understanding the signs and symptoms of the eating disorders will help you to identify potential warning signs in yourself and that of others. There are many effective treatments available in the battle against eating disorders along with many resources available for you or others to seek help.

## **Understanding Nutritional Information and Labels**

*30 MINUTES*

In the 21st Century, Americans have become more health-conscious than ever before. Along with regular exercise, good nutrition has become a focus of attention for anyone wanting to maintain a healthy lifestyle. The companies whose products line supermarket shelves have attempted to offer guidance to food consumers wanting to make healthy food choices by providing nutrition labels on their products. But what does this information on these labels mean? In addition, what's the difference between "reduced sodium" and "low sodium?" What makes food "organic?" This course will help decipher the terminology of nutrition and make it more understandable for consumers.

## **Understanding Prediabetes**

*1 HOUR*

Diabetes is a growing health concern. Many people are at serious risk and unaware of it. Prediabetes is the precursor to diabetes. This means you can reverse your path to diabetes with lifestyle changes. Diabetes can affect anyone and have a significant impact on their daily lives. Understanding the signs and symptoms of the prediabetes will help you to identify the warning signs and risk factors in yourself and that of others. There are many preventive measures you can start today in the battle against diabetes along with many resources available for you or others to get more information.

## **Walking Your Way to Fitness**

*1 HOUR*

Nobody plans to get out of shape. With the challenges of everyday life that most adults cope with, sometimes it just sneaks up on us. When it does, some will make excuses for why they can't exercise; still, others jump full tilt into a rigorous program and either hurt themselves or simply burn out. The key to starting an exercise program after a sedentary lifestyle is to start slow and do something that won't be too rigorous or too expensive. In this course, the learner will explore some common sense approaches to getting back into shape with a focus on starting a walking program.

## **Yoga for First Responders**

*1 HOUR*

First responders serving in emergency response can experience physical health issues which range from chronic pain to difficulty sleeping. They are also at risk for post-traumatic stress and are routinely challenged to perform high-stress situations. Yoga practice is effective for reducing the impact of stress experienced by emergency personnel and increasing resiliency to support improved performance in crisis situations. This course explains the scientific basis for yoga practice to support emergency personnel and provides introductory yoga practices appropriate for any first responder. No experience is necessary and flexibility is not a requirement. Although most people associate yoga with poses, this course highlights the most important and beneficial aspect, tactical breathwork. This course will allow you to experience yoga practice and consider what types of yoga may be a good fit for you. Also included are strategies for incorporating yoga in emergency personnel units.

## **GENERAL HUMAN RESOURCES**

### **• FULL-LENGTH COURSES**

## **Acoso Sexual en el Lugar de Empleo**

*1 HOUR*

El acoso sexual en el puesto de trabajo puede ocurrirle a cualquier persona, hombre o mujer, sin importar su orientación sexual. La gran mayoría de las empresas tienen una política de tolerancia cero cuando se trata del acoso sexual. El comportamiento inadecuado en el lugar de trabajo puede conllevar consecuencias significantes tanto para usted como para la entidad laboral que lo emplea.

## **Acoso Sexual para Gerentes**

*2 HOURS*

El acoso sexual en el puesto de trabajo puede ocurrirle a cualquier persona, hombre o mujer, sin importar su orientación sexual. De hecho, el acoso sexual es común; presente en la actualidad. La gran mayoría de las empresas, tienen una política de tolerancia cero cuando se trata del acoso sexual. El comportamiento inadecuado en el lugar de trabajo puede reportar consecuencias significativas tanto para usted como gerente y para su empresa o entidad laboral.

## **ADA Compliance in Business**

*1 HOUR*

The American Disabilities Act provides people with disabilities with equal employment opportunity. In business, compliance can be complex and be challenging at times. This course is designed to provide leaders, managers and governmental staff with the knowledge and skills of ADA compliance. It is imperative to meet the proper protocols within an organization to effectively provide opportunities for all employees, but special attention should be paid to those with disabilities.

## **Anti-Harassment in the Workplace**

*1 HOUR*

Harassment in the workplace is a serious issue that requires a thorough understanding to promote awareness and ultimately prevention. It can happen to anyone, male or female, regardless of race, religion, age, or sexual orientation. Improper behavior in the workplace may have significant consequences for those involved, for yourself as an employee, and your employer. For employees who are the victim of harassment, this may create a hostile work environment which takes a toll on their career, their personal life, and their health. Recognizing the various types of harassment will help you to identify potential warning signs and take the necessary steps to report harassment. There are a number of preventive measures that can be employed as well as recommendations on how to create a more inclusive and accepting workplace culture.

## **Dealing With Angry Employees**

*1 HOUR*

Anger is not something most of us think about when we go to work every day. Unfortunately, we need to be prepared to deal with anger and the potential for violence in the workplace. Ignoring the problem will only cause the situation to get progressively worse. When this happens, it can have a negative and possibly destructive impact on your organization. A thorough understanding of workplace anger will help promote awareness and ultimately prevention.

## **Dealing with the Media**

*30 MINUTES*

This course focuses on the ways to get your agency's message out, including the personal pitch, press releases and press conferences. It also discusses how the media works, the different components of news and how to follow-up with story pitches. This course also includes information on responding to crises and emergencies, how to have a successful interview and how to control your message.

## **Discipline and Termination**

*1 HOUR*

In every organization, employees are let go for various reasons. The decision to discipline or even terminate an employee is not one that should be taken lightly, and there is a right and wrong way to approach the situation. In this course, learners will explore ways to appropriately address issues before termination is necessary, be able to terminate employees confidently if discipline fails, and for employees to understand the need for a disciplinary process and the rules and expectations that inform them.

## **Diversity in the Workplace**

*1 HOUR*

Diversity in the workplace is an essential part of any workplace culture. As we live and work in a global economy,

the diversity of those we interact with and who work alongside us must be both acknowledged and respected. Diversity is more than just a term; it is how individuals identify themselves as well as how others perceive them. Promoting diversity in the workplace should not be looked at as a requirement or a box to be checked. It is much more than that. Diversity in the workplace makes good business sense as a more diverse and inclusive workplace will be advantageous in recruiting, hiring, and maintaining talent within your organization. Beyond the benefits, it is important to effectively implement a solid program to manage and promote diversity in the workplace. And while there are challenges to implementing diversity in the workplace, the end rewards will certainly outweigh any obstacles along the way.

## **Drug and Alcohol Awareness**

*1 HOUR*

Workplace drug and alcohol abuse is a liability for any U.S. business, and smaller businesses are increasingly more vulnerable since drug testing may be performed less often than in larger businesses. Drug and alcohol abuse can affect anyone and have a significant impact on their daily lives. Understanding the signs and symptoms of drug and alcohol abuse will help you to identify potential warning signs in those around you. There are effective treatments available along with steps you can take to discourage and respond to workplace drug and alcohol abuse.

## **Family and Medical Leave Act (FMLA)**

*1 HOUR*

Whether joyful or stressful, the events experienced over the course of your life often require you to reevaluate your priorities. Adjusting priorities can often require you to make serious, life-changing decisions. In some cases, you might even need to choose between providing direct care for a loved one or new child in your home and the need to provide for your family's financial needs. In previous eras, people often became caught in an "either/or" situation because employers were not always cooperative when individuals needed time for personal matters. Employees ran the risk of losing their jobs and benefits if they made the choice of putting their family first. Fortunately, the Family and Medical Leave Act (FMLA) entitles eligible employees to take the time they need to handle life events. We will go over the FMLA in detail to help you understand the basic provisions and how the FMLA can benefit you.

## **FMLA Training for Supervisors**

*1 HOUR*

The Family and Medical Leave Act (FMLA) was passed in 1993 and revised January 16, 2009, and March 8, 2013, with some provisions effective back to February 5, 2012. Of all federal employment laws, FMLA is one of the most popular and beneficial to employees. Employees are aware of the basic requirements of the law, but they may not realize the law provides employers with various options on how to administer FMLA. It is essential for all supervisors, in addition to the HR staff, to understand how to comply with FMLA and with the employer's own FMLA policy. This one-hour course will educate supervisors on FMLA in order to give employees the full and correct benefit of the law.

## **Form I-9 and Employment Eligibility Verification**

*1 HOUR*

As an employer in the U.S., you are required to verify the work eligibility of your workforce. To verify work eligibility, U.S. employers use Form I-9. There are many different types of employee scenarios, and navigating them while validating employment eligibility can be difficult. This course outlines how to correctly fill out and retain the form, how to navigate complicated employee scenarios, and how the E-Verify system works with Form I-9.

## **Handling Angry Employees**

*30 MINUTES*

In this course, the learner will gain understanding regarding the importance of communication in dealing with employee anger, acquire knowledge regarding productive methods for dealing with employee anger, and finally learn to recognize the behavioral indicators preceding episodes of anger.

## **HR Recruitment and Selection Process**

*1 HOUR*

When an organization determines the need for additional labor, employers have a number of choices to make. This may be the first step in a full-scale recruitment and selection process but sometimes hiring additional employees is not the best method to obtain additional labor. Since the costs of recruitment and selection can be staggering, hiring new employees should occur only after careful consideration. This one-hour course will better inform you about how to implement a successful recruitment and selection process.

## **Personnel Record Retention (Federal Standards)**

*1 HOUR*

This one-hour course covers personnel record retention. In this course, the learner will be introduced to record retention basics, potential liabilities, as well as specific federal standards on a variety of employee records. Additionally, this course gives the learner a step-by-step guide on creating a foolproof record retention policy that protects your company on all legal and business fronts.

## **Recognizing Child Abuse**

*1 HOUR*

Child abuse and neglect is a serious issue and one in which we all need to be aware of. The pain and suffering are a daily occurrence for these children, and many have no voice, no one to advocate for them. They live each day in fear, not knowing what will happen to them. Some of these children will survive this traumatic childhood, but others will not. Many of these children will be left with a lifetime of psychological trauma. Recognizing the signs and symptoms of child abuse and neglect will help you to identify potential warning signs and take the necessary steps to report suspected cases of abuse or neglect. There are a number of preventive measures that can be employed and there are many resources available to get children the help they so desperately need.

## **Recognizing Domestic Violence**

*2 HOURS*

Domestic violence is a serious issue and one in which we all need to be aware of. Domestic violence can happen to anyone, but oftentimes it is overlooked, ignored, excused, or denied. Those in abusive situations live each day in fear, not knowing what pain and suffering they may have to endure. Unfortunately, some people never make it out of the relationship alive, others stay in the relationship because they believe they have nowhere to go, while others, fortunately, successfully escape. Those who make it out are left traumatized and may still live in fear. Recognizing the signs and symptoms of domestic violence will help you to identify potential warning signs and take the necessary steps to report suspected cases of domestic violence. There are a number of preventive measures that can be employed, and there are many resources available to get these individuals the help they so desperately need.

## **Recruiting Excellent Employees**

*30 MINUTES*

This course covers common formal recruiting practices, factors that lead to recruiting excellence, and creative recruiting methods and sources.

## **Sexual Harassment Awareness AB 1825**

*2 HOURS*

Sexual harassment in the workplace can happen to anyone, male or female, regardless of sexual orientation. While sexual harassment may have been overlooked, ignored, or excused in the past, that is no longer the case. A majority, if not all companies, have a zero-tolerance policy when it comes to sexual harassment. Recognizing what sexual harassment is, both the subtle cues as well as overt advances will help you to identify potential warning signs and take the necessary steps to report sexual harassment. There are a number of preventive measures that can be employed as well as recommendations of what to do if you or one of your employees have been or are the victim of sexual harassment.

## **Sexual Harassment for Managers**

*2 HOURS*

Sexual harassment in the workplace can happen to anyone, male or female, regardless of sexual orientation. Organizations have a responsibility to protect all employees against this type of harassment. Recognizing what sexual harassment is a leader, both the subtle cues as well as the overt advances, will help you to identify potential warning signs and take the necessary steps to prevent sexual harassment. There are a number of preventive measures that can be employed as well as recommendations of what to do if you or one of your employees have been or are the victim of sexual harassment.

## **Sexual Harassment in the Workplace**

*1 HOUR*

Sexual harassment in the workplace can happen to anyone, male or female, regardless of sexual orientation. While sexual harassment may have been overlooked, ignored, or excused in the past, that is no longer the case. In fact, sexual harassment is on everyone's mind these days. A majority, if not all companies, have a zero-tolerance policy when it comes to sexual harassment. Improper behavior in the workplace may have significant consequences both for yourself and your employer. If you are a victim of sexual harassment, this may create a hostile work environment which takes a toll on your career, your personal life, and your health. Recognizing what sexual harassment is, both the subtle cues as well as the overt advances, will help you to identify potential warning signs and take the necessary steps to report sexual harassment. There are a number of preventive measures that can be employed as well as recommendations of what to do if you have been or are the victim of sexual harassment.

## **The LGBTQ Community**

*1 HOUR*

The lesbian, gay, bisexual, transgender, and questioning (LGBTQ) community is a diverse group of individuals who deserve to be treated with kindness, compassion, and respect. Understanding the terminology used in the LGBTQ community will reduce misunderstandings, confusion, and stereotypes while promoting knowledge and awareness for the officer. In this course, there are many effective policies and procedures to help connect with the LGBTQ community along with recommendations you can use immediately.

## **Violence in the Workplace**

*1 HOUR*

This one-hour course focuses on the prevention and what to do in the event of workplace violence. Additionally, the Violence in the Workplace eLearning course serves as a helpful tool to identify potential warning signs.

## **Workplace Bullying**

*1 HOUR*

When we think of bullying, we tend to immediately associate it with the school yard, certainly not something we would face as an adult. Unfortunately, bullying in the workplace occurs more often than you think. In fact, there are various forms of bullying, from overt forms of bullying to those which are quite passive. Workplace bullying may have significant consequences for those involved, for yourself as an employee as well as your employer. A thorough understanding of workplace bullying will help promote awareness and ultimately prevention.

## **GENERAL MANAGEMENT SKILLS**

### **• FULL-LENGTH COURSES**

## **Business Writing Basics**

*1 HOUR*

Business Writing Basics provides a foundation for planning and writing various forms of business documents. Communicating effectively in writing has always been a requirement for many jobs, but with internet use reaching critical mass, it's now a key skill for most jobs.

This course guides you through the business writing process. Beginning with the considerations prior to putting



pen to paper, or fingers to keyboard. Then receive tips and tricks for creating an effective document through style and structure, language use, and flawless spelling and grammar.

## **Conflict and Dispute Resolution**

*1 HOUR*

Conflict is part of everyday life in law enforcement, so learning how to apply principles of conflict and dispute resolution to your job is critical to diffusing conflict before it can escalate to dangerous levels. In this course, learners will explore the underlying causes of conflict as well as techniques for handling these conflicts in the field. Learners will also discover the importance of using effective communication skills.

## **Employee Recognition**

*1 HOUR*

Employee recognition is a communication device that reinforces and rewards the most important outcomes for an organization. As an employer, you will explore how to effectively design recognition programs, deliver genuine recognition and establish win-win relationships with your employees.

## **Employee Retention**

*1 HOUR*

The cost of employee turnover is outrageously high—estimates show that it can cost an employer anywhere between \$45,000-\$150,000 to replace an employee. Retaining talented employees requires a concerted effort on the part of companies and managers. In this course, learners are provided an overview of traditional and modern retention methods, practical tips for open communication with employees, and top reasons why managers and companies fail to retain employees.

## **Generational Differences**

*1 HOUR*

Generational differences influence nearly every facet of your organization, from hiring and recruiting, dealing with change, training, retaining employees, and communication. How can your organization better understand these differences and use these generational differences in a beneficial way? In this course, learners will examine the four most prominent generational workers, their core values, and how these come into play in the workplace.

## **Goal Setting Skills**

*30 MINUTES*

This course trains employees to understand the importance of goal setting and how to set them effectively. It also helps them recognize barriers to implementing and achieving goals.

## **Interviewing Skills for Managers: Conducting an Interview**

*1 HOUR*

This course is designed to provide managers with the knowledge and skills to recruit and onboard the right talent. Behavioral interviewing is a proven hiring technique that will allow you to hire candidates who have the necessary skills to perform at the highest level on a job. This technique has a higher percentage than traditional interviewing processes for predicting the future of job candidates.

## **Managing Risk in an Aging Workforce**

*30 MINUTES*

Did you know that the American workforce is getting older? Almost one-third of the U.S. population was born between 1945 and 1965, and the oldest members of this group are either retired or preparing to retire. Many organizations often overlook large-scale trends in the American population as potential risk factors. Demographic trends in the workforce, however, can significantly impact your organization's ability to operate efficiently and effectively. Because long-term planning is often neglected, this course will provide learners with information necessary to identify demographic risks to your operations and will provide possible strategies that can be employed to address these concerns before they negatively impact your organization.

## **Meeting Management**

*30 MINUTES*

This course will help managers understand the fundamentals of meeting management and group development.

## **Parliamentary Procedures**

*1 HOUR*

Whether you are an experienced leader or just beginning your role as a leader or member, knowledge of parliamentary rules and procedures is essential to conduct efficient and high-quality meetings. Every member needs to be aware of the methods of good procedure, and leaders need to be well-versed in the use of proper techniques. Good parliamentary procedure not only ensures order, it ensures justice to everyone, provides productive use of limited time, and ultimately gives everyone a sense of self-confidence. Defining roles and responsibilities, explaining the various types of meetings, and discussing the various ways to make a motion are critical to your success on any board, committee, or any organized formal meeting.

## **Performance Management**

*30 MINUTES*

This course will help your managers understand the importance of performance management, both in annual reviews as well as through an ongoing process.

## **Providing Effective Onboarding**

*1 HOUR*

Organizations understand the importance of quickly assimilating a new hire to ensure success for the organization. This course explores the elements of onboarding and how to build an effective onboarding program by providing support tools, resources and best practices.

## **Retaining Talent**

*1 HOUR*

One of the most critical issues facing organizations today is how to retain their employees. Yet nearly one-quarter of all U.S. workers quit their jobs in 2006, and in some industries, the turnover rate is considerably higher. This one-hour course will educate employers on how to retain talent in their organization.

## **Running an Effective Board Meeting**

*1 HOUR*

Are your board members complaining behind closed doors? Are they frustrated that some board members are ill-prepared? Do they feel like their input is being overshadowed by other members? These are some of the common complaints by those who feel that board meetings are a waste of time and resources. Board member dissatisfaction is a huge barrier to the boards work. This course will focus on how to turn mentally-draining, routine meetings into meetings that are efficient and purposeful.

## **Science of Employee Engagement**

*1 HOUR*

This one-hour course in the Science of Employee Engagement delves deeper into the motivation, opportunities, and the science of engagement in the workplace.

## **Shaping an Ethical Workplace Culture**

*1 HOUR*

Workers create an organization's culture of credibility, integrity, and excellence. When a group of employees honors an environment of ethical principles and foundation, the organization benefits from the culture. The instructional goal of Ethics in the Workplace is to highlight the importance of ethical behavior choice, examine ethical decision-making, and discover consequences of individual ethical attitudes on the organization as a whole.

## **Successful Customer Interactions**

*1 HOUR*

There is a strong correlation between customer satisfaction and the success of a business or department. Welcoming customers means working to create satisfied customers from the inside-out. When local government creates satisfied customers, we create empowered and informed citizens. In this course, learners will discover how to interact as co-workers and service providers. We will also cover understanding the customer goal and how to create goals that will lead to successful customer interactions.

## **The Aging Workforce: Leveraging the Talents of Mature Employees**

*1 HOUR*

Mature workers are generally defined as workers over age 55 with substantial experience. These skills are honed during decades of employment. Retaining talented, mature workers and recruiting new ones is simply good business for most organizations.

## **Time Management Skills**

*1 HOUR*

Time can feel like a fleeting object. With only so many minutes in the day to accomplish all of the tasks you set out to do, it's important to be able to manage your time wisely and effectively. In this course, learners will explore the ways they can manage their time, defeat procrastination, and accomplish their goals not only in the workplace but also their personal lives.

## **Writing an Effective E-mail**

*30 MINUTES*

This course covers the various components of an e-mail message, techniques for communicating effectively through email, and appropriate styles for different types of e-mail messages.

## **Basic Telephone Skills**

*30 MINUTES*

This course is designed to ensure all workers understand how to make a positive impression by the way they manage calls and messages. While technology allows for more communication, good communication still depends upon the people handling the conversations. With a few basic communication skills appropriate for today's workplace, anyone in an organization can handle telephone calls professionally and effectively.

## **GENERAL PROFESSIONAL SKILLS**

### **• FULL-LENGTH COURSES**

## **Career Professionalism**

*30 MINUTES*

This course illustrates how accepting personal responsibility for our own actions and everything that happens in our life helps us raise our level of expectations regarding our behavior and our goals. We stop acting like victims and start acting like persons in control of ourselves and our lives.

## **Developing Effective Communication Skills**

*1 HOUR*

Communicating with coworkers, clients, and management is a core activity for most positions. If you communicate effectively, you are more likely to achieve success in your career and personal life. Being a good listener and knowing how to write effective documents will also ensure your success as a communicator. This course will provide you with tools and suggestions on how to accomplish this goal.

## **Developing Leadership**

*1 HOUR*

Leaders are at every level of an organization. Developing the necessary leadership skills is essential to the organization's success. This course will present leadership development planning, characteristics, styles, and opportunities to expand the learners leadership talent.

## **Effective Presentation Basics**

*1 HOUR*

Public speaking is one of the biggest fears for most people. Just the thought alone of having to stand in front of a large group of people and speak for any length of time is enough to send some people into hiding. But public speaking is an important part of life for some, especially those whose jobs require it. In this course, we will explore the components of effective presentations, how to best prepare for a presentation, and strategies for giving a presentation that engages the audience with passion and energy while decreasing anxiety levels for the speaker.

## **Emotional Intelligence for Leaders**

*1 HOUR*

There are many traits and characteristics of a good leader, but recent research has discovered the impact emotional intelligence plays in a leaders success. This course will instruct and provide leaders with techniques to grow and develop in their emotional intelligence and become better leaders.

## **Enhancing Work Relationships**

*1 HOUR*

The average person will spend 90,000 hours at work over a lifetime. This means that the relationships we build with our co-workers play a significant role in our lives. In this course, learners will explore a variety of tips and techniques for engendering and enriching relationships at work such as building trust and respect, focusing on listening, assertiveness, and conflict resolution.

## **Finance 101 for Non-Financial Managers**

*1 HOUR*

Successful managers create budgets that align with the department and the organization's strategic goals. They are diligent to manage and yet flexible to adjust their budgets as needed. This course equips non-financial managers to successfully analyze financial data, and create and manage budgets.

## **Leadership v. Management**

*1 HOUR*

Management and leadership are terms that are frequently used interchangeably; however, they are not the same thing. They have quite distinct meanings. The two do have similarities, but they also have important differences. This course is designed to help you understand the difference between leadership and management and why these differences are important.

## **Press Conference and Briefing Basics**

*1 HOUR*

Holding a press conference or briefing is an essential way to spread important information to a variety of sources. This course focuses not only on when and why to hold a press conference but the elements involved in planning a successful conference. The event planning element includes determining the optimal time, date, and location, while media planning includes how to assemble a media kit, the key to successful talking points, and creating an event timeline. This course also includes information on developing a crisis response plan that can be utilized for a press conference.

## **Supervisor Skills 101**

*1 HOUR*

This one-hour course provides an overview of the skills supervisors, and managers need to manage employees effectively. Supervisors and managers are the backbone of the business - linking upper management to the body of the organization. Effective supervisors and managers must possess a variety of skills to be successful in the workplace. This course focuses on effective communication, responsibilities of a Supervisor, leadership skills, and organizational development.

## **Supervisor Skills 201**

*1 HOUR*

This one-hour course will cover how supervisors and managers can continue to build a basic foundation of the vital skills necessary to manage their employees. During this course, you will gain a better understanding of five additional key skills that supervisors and managers must possess to be successful. The skills shared in this course are those which can be learned and mastered through both education and practice. They include implementing change, promoting fundamental values, using good judgment, producing results, and developing your team.

## **Transition from Peer to Supervisor**

*1 HOUR*

Congratulations! You have just been promoted to a leadership role in your company. This marks a significant milestone in your career, and with it comes greater responsibility. Not only is your title different but so is how you are viewed by your fellow employees now that you are their supervisor. Recognizing how to handle the transition from peer to supervisor will make your recent advancement go much more smoothly. There are a number of communication and leadership strategies as well as recommendations on how to create a successful management style your peers can get behind.

## **Workplace Stress Resiliency**

*1 HOUR*

Stress in the workplace is a normal occurrence, and it doesn't always have to be negative. But when stress does become too much to bear, it can interfere with productivity and performance, and it can even impact your physical health and emotional well-being. In this course, learners will explore how workplace stressors can affect your life both in the workplace and at home, as well as the ways you can reduce stress, improve job satisfaction, and increase your physical and emotional health.

## **GENERAL SAFETY/COMPLIANCE**

### **• FULL-LENGTH COURSES**

## **Absorbents and Spills**

*30 MINUTES*

In this course, the learner will be exposed to best practices for preventing spills in the work area, gain insight on how to deal with a spill and finally, gain knowledge as to why floor drains are rapidly becoming extinct and what best practices are related to floor drains and spilled fluids.

## **Advanced Defensive Driving Techniques**

*1 HOUR*

This course concentrates primarily on advanced defensive driving techniques. You will be given instruction on how to drive defensively in adverse conditions including heavy rain, snow, and ice. We will further discuss how to share the roadways with other motorists, cyclists, and pedestrians.

## **Airborne and Bloodborne Pathogens**

*1 HOUR*

The First Responder must have knowledge of the appropriate personal protective equipment when responding to an emergency to protect the first responder against airborne and bloodborne pathogens. In this course sponsored

by Decon7 Systems, learners will review the different airborne and bloodborne pathogens they will most commonly be exposed to with discussion of a new bloodborne pathogen as well as the equipment and preventative measures that should be taken for those pathogens.

## **Back Injuries**

*1 HOUR*

According to the Bureau of Labor Statistics, musculoskeletal disorder injuries accounted for 33% of all worker injury and illness cases. Whether these injuries stem from occupational hazards or poor health, they can cost both employers and employees time, money, and energy. In this course, we will focus on the causes of back pain, ways to prevent back pain through proper lifting techniques and workplace ergonomics, and how to properly treat current back pain in order to better prevent future injuries.

## **Basic First Aid**

*2 HOURS*

In the event of an emergency, would you know what to do to help yourself or someone else? Could you render potentially lifesaving assistance until first responders arrived? You never know when or where a medical emergency will occur. If a co-worker were to be injured, you could be their best chance of survival. Understanding basic first aid will help you to respond confidently and effectively to various emergencies that may occur whether at home, in the workplace, or anywhere you may be.

## **Bloodborne Pathogens for First Responders**

*1 HOUR*

This Bloodborne Pathogens online course provides the necessary training in accordance with Occupational Safety and Health Administration (OSHA) Bloodborne Pathogen Standard 29 CFR 1910.1030 for firefighters and is appropriate for emergency responders.

## **Business Continuity**

*1 HOUR 30 MINUTES*

In this course, the learner will find out why business continuity planning is essential, learn to recognize the forms in which disasters strike and the categories in which they fit, gain understanding of the importance of organization assets and the recovery time objective for each item and finally, learn to identify the eight categories that should be incorporated into every business continuity plan.

## **Computer Security Basics**

*30 MINUTES*

This course will help your employees keep their personal and business information and files safe from viruses and other dangers.

## **Confined Spaces 101**

*1 HOUR*

This one hour course will educate both employers and employees who work in confined spaces on how to develop a safe work environment that complies with federal regulations. Because confined spaces are potentially dangerous, this course will explain the confined and permitted spaces. It will also define how to identify Permit Spaces (Section 1203(a)) and the employer responsibilities around precautions whenever workers enter or work in a dangerous space.

## **Confined Spaces 102**

*1 HOUR*

This one hour course will continue to educate both employers and employees who work in confined spaces on how to develop a safe work environment that complies with federal regulations. It will focus on permitted spaces as well as non-permitted areas. (Section 1203(g)). It also explains alternative procedures for certain permit spaces (Section 1203(e)). Worker Training, Rescue and Emergency Services and Sewer System Entries. The course also covers code sections 1207 through sections 1211.



## **Crisis Management**

*1 HOUR*

This course is designed to help all departments, organizations, and agencies within the public sector prepare for just such an event.

## **Dealing with Cold Stress**

*1 HOUR*

When working outdoors in the cold or working in artificially cold environments, such as refrigerated areas, serious cold-related injuries and illnesses may occur. Cold-related hazards have the ability to cause permanent tissue damage or even death. This course will help individuals recognize the health risks associated with cold stress, identify methods for minimizing its effects, and recognize the symptoms of hypothermia and frostbite.

## **Dealing with Heat Stress**

*1 HOUR*

As the fall and winter fade, spring and summer bring allergies, a variety of pests, and extreme heat. Although you can't predict the weather, heat exposure must be addressed head on to avoid serious harm and injury. This course will help individuals recognize the health risks associated with heat stress, identify methods for minimizing its effects, and recognize the symptoms of heat stroke and exhaustion.

## **Defensive Driving Basics**

*1 HOUR*

This course will dive into the basics of defensive driving, including its definition, purpose, and importance, as well as the factors that play an important role from the driver's perspective. We will also discuss the equipment and judgment necessary for driving safely, as well as review the types of impairment that should be avoided to increase driver safety.

## **Driving While Distracted**

*2 HOURS*

According to the National Center for Statistics and Analysis, every day 9 people die and over 1,000 are involved in a car accident as a result of distracted driving. No matter how long you have had your license, how good of a driver you are, or how safe the roads are, we are all susceptible to driving while distracted. This course will cover the different types of distracted driving, how to avoid each type, as well as evaluate examples of distracted driving in order to focus on how to improve your safety on the road.

## **Electrical and Fire Safety**

*1 HOUR*

This course will help employees identify the most common electrical hazards and flammables. It will also help them learn what to do in case of a fire and how to recognize and use the different types of fire extinguishers.

## **Emergency Preparation and Egress**

*1 HOUR*

An emergency can happen at any time or place. Having the knowledge and skills to successfully deal with an emergency can save your life and the ones around you. This course will explore the concept of preparing for and responding to an emergency in the manner that provides the best chances for survival.

## **Equipment Safety**

*1 HOUR*

More than 6,000 people fall off a ladder and die each year, and over 400,000 people deal with power tool injuries each year. With these numbers in mind, equipment safety can no longer be a topic that is overlooked. This course will help employees maintain a safe and efficient workplace by first exploring the different types of ladders and equipment used for materials transport, recognizing the risks of improper use as well as safe usage techniques, and then identifying the appropriate personal protective equipment (PPE) to wear.

## **Fall Protection**

*1 HOUR*

In construction, more deaths are caused by falls than any other hazard. Falls account for over a third of the 700 plus construction deaths that occur each year. Workers performing tasks six feet or more above ground level are at risk of fatal falls or serious injuries.

## **FEMA Benefit-Cost Analysis Fundamentals**

*30 MINUTES*

This FEMA course explains the basic BCA theory, basic flood concepts and locates additional BCA resources to help you create a benefit-cost analysis fundamental.

## **FEMA Emergency Support Function #6: Mass Care, Emergency Assistance, Housing, and Human Services**

*1 HOUR*

Every community in the United States faces risks from emergencies and disasters. Communities prepare by gathering information about the specific risks they face and developing plans to meet those risks. They also share that information with the people in the community so they can take the appropriate measures to help themselves. Individuals and families can prepare for self-sufficiency following an event by developing a household disaster kit that includes medications, food, and water for themselves and their family pets, and by purchasing appropriate hazard insurance. In this course, you'll learn that Federal, State, tribal, local, and voluntary agency partners work together to accomplish the ESF #6 mission and help people through the recovery process.

## **FEMA Fundamentals of Emergency Management**

*4 HOURS*

The goal of IS-0230.d: Fundamentals of Emergency Management is to introduce you to the fundamentals of emergency management. This course presents emergency management as an integrated system with resources and capabilities networked together to address all hazards. This is the first course in the Federal Emergency Management Agency (FEMA) Emergency Management Institutes independent study Professional Development Series.

## **FEMA Fundamentals of Risk Management**

*2 HOURS*

This course will introduce the essential role of risk management at the Department of Homeland Security (DHS). As a member of the DHS workforce, it is imperative that you have a general awareness of the concept of risk management and its applications to homeland security and your job within the Department.

## **FEMA Integrated Public Alert and Warning System (IPAWS) for Alerting Authorities**

*2 HOURS*

The Integrated Public Alert and Warning System (IPAWS) Program Management Office designed this course to provide Alerting Authorities with an increased awareness about Collaborative Operating Groups (COGs), how they are issued, their structure, their capabilities, and their responsibilities, and skills to draft more appropriate, effective, and accessible warning messages using best practices in alerting.

## **FEMA Introduction to Homeland Security Planning**

*2 HOURS*

This course provides basic homeland security planning and encourages you to learn more about the planning process.

## **FEMA Social Media in Emergency Management**

*2 HOURS*

Social media has grown, not only as another major channel for broadcasting emergency communication to the public, but also as a means of conversing and engaging with the public as a whole community during

emergencies. Whether in preparation for, in response to, or recovery from an emergency event, conversations are occurring on social media networks.

## **FEMA Surveillance Awareness: What You Can Do**

*1 HOUR*

The purpose of this course is to make critical infrastructure employees and service providers aware of actions they can take to detect and report suspicious activities associated with adversarial surveillance.

## **FEMA The Role of Voluntary Organizations in Emergency Management**

*2 HOURS*

Voluntary agencies have helped meet the needs of individuals and communities affected by disasters since the 1800s. Today, they serve a critical role in the emergency management field from helping communities prepare for and mitigate the effects of disasters to providing immediate response and long-term recovery services. Without the support, dedication, and expertise of voluntary agencies, the government would be unable to address all the needs of disaster-affected communities. The overall goal of this Independent Study course is to increase awareness of the roles and responsibilities of voluntary agencies in emergency management.

## **FEMA Wildfire Mitigation Basics**

*1 HOUR*

How can you prevent injury and damage resulting from wildfires? This course will describe how to inform the public on ways to reduce wildfire damage and how to reduce or eliminate future damage from wildfires.

## **Global SDS and the Hazardous Communication Standards**

*1 HOUR*

Whether you are involved in the production, transport, handling, use or disposal of hazardous materials, you need to be aware of the various health, physical, and environmental hazards associated with these chemicals. The Globally Harmonized System of Classification and Labeling of Chemicals (GHS) and the Safety Data Sheet (SDS) format is the next generation of the Hazard Communication Standard (HCS). Knowing what GHS is and how it is applied will ensure you have a strong base of knowledge for your role. We will provide a thorough understanding of what information can be found on the SDS as well as the ability to recognize the pictograms used to label hazardous materials.

## **Hazmat First Responder Awareness (FRA) Level I**

*2 HOURS*

This Hazmat First Responder Awareness course assists the First Responder in recognizing the hazardous substance and understanding how to respond.

## **Highway Incident Safety Guidelines for Emergency Responders**

*2 HOURS*

This two-hour course will equip you with the information needed to properly facilitate at the scene of a traffic incident.

## **HIPAA: Protected Health Information For Public Entities**

*1 HOUR*

This one-hour course focuses on HIPAA Regulations as it relates to Protected Health Information. In this course, the learner will learn what type of information can be disclosed, as well as the penalties for releasing information that cannot be disclosed.

## **Ladder Safety**

*1 HOUR*

This one hour course will educate you to ladder safety and the limitations and restrictions of ladders. It will also discuss the appropriate safety techniques you should practice. Additionally, this course will address the danger of

a fall. Even the smallest of step ladders can result in significant injury.

## **Lockout/Tagout**

*30 MINUTES*

This course will provide an introduction to what employees are required to know about OSHA's standard on Lockout/Tagout. It defines the requirements for workers performing service or maintenance on machinery and equipment may be exposed to injuries from the unexpected startup of the machinery or equipment or the release of stored energy in the equipment.

## **Means of Egress**

*1 HOUR*

You are at your desk working quietly when you hear a blaring fire alarm wailing throughout your office building. There is confusion and panic as your co-workers try to locate the appropriate exit. This course will give you the skills and knowledge to be able to understand and apply the concepts of your emergency plan.

## **Personal Protective Equipment**

*1 HOUR*

Companies spend approximately \$170 billion a year accommodating for workplaces injuries and illnesses. Around \$1 billion goes towards injured employees and their medical providers each week. The next time you consider the amount of each piece of personal protective equipment (PPE) costs, consider the cost it prevents. This one-hour course will better inform you about PPE and how wearing the proper equipment will create a safe and comfortable working environment for both you and your co-workers.

## **Preventing Accidents in the Workplace**

*1 HOUR*

When we think of the word accident, some of the first things that may come to mind are the terrible traffic collisions we so often see. While those accidents are certainly serious, a staggering number of accidents occur in the workplace each year. In this course, we will focus on the types of injuries that occur, and how they can be avoided.

## **Preventing Slips, Trips, and Falls**

*1 HOUR*

Slip, trip, and fall accidents are a leading cause of deaths in the workplace. The Bureau of Labor Statistics reports over one million slips, trips, and falls each year. These workplace injuries incur high rates of lost work and medical costs; it will benefit employers and employees alike to understand the risks involved and learn ways to avoid this type of hazard. In this course, the learner will learn how to identify where slips, trips, and falls are most likely to occur, list how to minimize the risk of workplace accidents, and recognize the importance of personal responsibility in risk management.

## **Public Employee Safety in the Community**

*30 MINUTES*

Public employees whose work involves visiting the homes of citizens need awareness of the potential risks they might encounter in that process. Whether dog bites, slick sidewalks and pavements, or citizens themselves, employees should be prepared for anything. This course identifies some of the inherent risks and what you can do to minimize your physical risks.

## **Safeguarding Your Community from Terrorism**

*1 HOUR*

As a result of 9/11, several valuable lessons were learned by the U.S intelligence community, the military, and law enforcement. It exposed our weaknesses of being unprepared and a lack of urgency in addressing red flags. In this course, the learner will gain an understanding of the mind of a terrorist as well as how to identify suspicious activities that occur in your community.

## The Risks of Social Media in the Workplace

1 HOUR

This one-hour course will cover using social media in the workplace. The learner will gain a better understanding of the potential risks of utilizing social media platforms.

## HEALTH AND WELLNESS FOR EMS

### • FULL-LENGTH COURSES

#### Responders at Risk: Protecting First Responders From Opioid Exposure

1 HOUR

The far-reaching consequences of the deadly opioid overdose epidemic are putting emergency responders at risk of injury and illness. This one hour course features a panel of EMS and law enforcement experts that will explain the actual versus perceived risks of opioid exposures to emergency responders, how to recognize a scene contaminated by fentanyl and describe appropriate PPE for emergency responders to protect themselves from acute illness or injury.

### • TRAINING BLOCK COURSES

#### Provider Well-Being

1 HOUR

This video block course covers a multitude of topics about provider well-being, including, maintaining a safe scene, as well as PTSD and how you are affected as an EMT.

Videos in this course include:

- Maintain a Safe Scene
  - Remember 2 Things: PTSD Negative Coping Mechanisms
  - Remember 2 Things: EMS Related PTSD Coping Mechanisms
  - Remember 2 Things: PTSD How to Talk About Calls
  - Crossfit: A Fitness Program Well-Suited to EMS Professionals
  - Tactical Yoga
- SINGLE VIDEO COURSES
- Firefighter Rehab: Protocols for Rehab
  - Marijuana Use

## HEALTH CARE PROVIDER CPR

### • FULL-LENGTH COURSES

#### Health Care Provider CPR Interactive

3 HOURS

This course will go over: Chain of Survival, reducing the risk of disease transmission, and heart-healthy prevention practices.

## MASS CASUALTY INCIDENTS FOR EMS

### • TRAINING BLOCK COURSES

#### Disaster Operations

1 HOUR

This video-block course covers a multitude of topics, including the EMS Task Force, the aftermath of the Joplin tornado, emergency preparedness, as well as the START Triage System.

Videos in this course include:

- Joplin: One Year Later
- Remember 2 Things: Disaster Response
- Remember 2 Things: Disaster Medical Teams
- Remember 2 Things: High Performance Disaster Response Teams
- Remember 2 Things: The After Effects of a Disaster Response

- SINGLE VIDEO COURSES

- Remember 2 Things: Triage for Small Scale MCIs

## **MEDIC MONTHLY (ALS)**

- FULL-LENGTH COURSES

### **Abdominal Aortic Aneurysm (ALS)**

*1 HOUR*

The goal of this edition of Medic Monthly is to educate the Paramedic about the detection and management of the patient with a suspected ruptured abdominal aortic aneurysm.

### **Abdominal Trauma (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the abdominal trauma victim.

### **Acute MI and STEMI (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about both the typical and atypical presentations of acute myocardial infarction and STEMI.

### **Acute Psychosis (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of the patient with acute psychosis.

### **Alcohol-Related Emergencies (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the alcohol-intoxicated patient.

### **Altered Mental Status in the Elderly (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about altered mental status in the elderly patient.

### **Alternative Drugs of Abuse (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about some newer drugs of abuse.

### **Altitude Illness (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about altitude illness.



## **Amputation and Hemorrhage Control (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the presentation of amputation in the field and the need for subsequent hemorrhage control. This course will discuss the etiology of hemorrhagic shock and treatment priorities in massive hemorrhage.

## **Anaphylaxis (ALS)**

*1 HOUR*

An allergic reaction or anaphylaxis? When is epinephrine truly indicated? Is Benadryl ever enough if the person just has itching? Do we even have a concrete definition for Anaphylaxis? Get the answers in this Medic Monthly training.

## **Animal Bites (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the identification and management of the patient with an animal bite.

## **Anticholinergic Overdose (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the identification and management of the patient with anticholinergic toxicity.

## **Asthma (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the identification and management of the patient with asthma.

## **Back Pain/Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about back pain and injuries.

## **Blast Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about both the typical and atypical presentations of blast injuries.

## **Body Piercing (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with tongue trauma.

## **Burns (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of burn injuries.

## **Capnography for Respiratory Distress (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the use of capnography in the field and its assistance in the treatment of patients in respiratory distress.

## **Carbon Monoxide Poisoning (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of a carbon monoxide exposed patient.

## **Chest Pain (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the chest pain patient.

## **Chest Trauma (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about blunt chest trauma.

## **CHF Vs. COPD (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the overlapping signs and symptoms of Congestive Heart Failure (CHF)/Pulmonary Edema and COPD.

## **Child Abuse (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the potential child abuse patient.

## **Club Drugs (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the many different commonly abused club drugs.

## **Customer Service (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the importance of Customer Service.

## **Dehydration (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the identification and management of the patient with dehydration.

## **Dementia and Prehospital Implications (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of the elderly patient with dementia.

## **Depression/Suicide (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the psychiatric patient.

## **Determination of Death (ALS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about determination of death.

## **Diabetic Emergencies (ALS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about diabetic emergencies commonly encountered in the field.

## **Diving Emergencies (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the assessment and management of dive-related emergencies.

## **DNR (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of the patient with advance directives and DNR orders.

## **Dyspnea (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the dyspnea patient.

## **Elder Abuse (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the potential elder abuse patient.

## **Elderly Falls (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the elderly fall patient.

## **Elderly Hip Fracture (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with a hip injury.

## **Electrical Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about electrical injuries.

## **EMS Lawsuits - Documentation/Patient Refusals (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of patients that want to refuse care or transport.

## **EMS Response to Active Shooter Incidents (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Responses to Active Shooter Incidents.

## **Excited Delirium (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of the patient with excited delirium.

## **Eye Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the assessment and management of eye injuries.

## **Facial Trauma (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with facial trauma.

## **Gastrointestinal Bleeding (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the gastrointestinal bleeding patient.

## **Head Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the potential head injured patient.

## **Headaches (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with a headache.

## **Hepatitis and Job-Related Infectious Disease Concerns (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of patients with infectious diseases and the actual risk of disease contraction with various occupational exposures.

## **Hyperthermic Patient (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with hyperthermia

## **Hypothermic Patient (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the hypothermic patient.

## **Influenza (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about both the typical and atypical presentations of influenza infection.

## **Kidney Disease (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about the management of the patient with confirmed or suspected kidney disease.

## **Liver Disease (ALS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about liver disease.

## **Managing Chronic Care Patients (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on managing chronic care patients and their overuse or abuse of the EMS system.

## **Managing the Pediatric Arrest (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Pediatric Cardiac Arrest: Recognition, Resuscitation, and Transport Considerations. This course is provided for ALS responders.

## **Medication Errors (ALS)**

*1 HOUR*

Human error during drug administration occurs with surprising frequency across all disciplines of medicine. This one-hour Medic Monthly course, Medication Errors, investigates these errors and how to prevent them. This course is provided for ALS responders.

## **Methamphetamine Abuse (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the clinical findings commonly encountered with methamphetamine abuse.

## **Myocardial Infarction (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about both the typical and atypical presentations of acute myocardial infarction.

## **Narcotic Abuse (ALS)**

*1 HOUR*

The goal of this edition of Medic Monthly is to educate the paramedic about the identification and management of the patient with opiate and other drug abuse.

## **Near Drowning (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the drowning and near drowning victim.

## **Patient Communication During Disasters (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on patient communication during disasters and how to interact with individuals who are emotionally and physically overwhelmed.

## **Pediatric Abdominal Trauma (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with abdominal trauma.

## **Pediatric Altered Mental Status (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with altered mental status.

## **Pediatric Burns (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of pediatric burn injuries.

## **Pediatric Chest Pain (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about management of the pediatric chest pain patient.

## **Pediatric Emergencies (ALS)**

*1 HOUR*

This episode of Medic Monthly focuses on the Pediatric Assessment Triangle that allows the provider to rapidly obtain vital information prior to physically approaching the pediatric patient.

## **Pediatric Falls (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with falls.

## **Pediatric Head Trauma (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric head trauma victim.

## **Pediatric Overdose (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the management of the pediatric overdose patient.

## **Pediatric Seizures (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about the management of the pediatric seizure patient.

## **Pediatric Shock (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with shock.

## **Pediatric Shortness Of Breath (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with shortness of breath.

## **Pediatric Spinal Injuries (ALS)**

*1 HOUR*

Treating Pediatric Spinal Injuries requires special consideration. In this course, the best practices of working with pediatric trauma patients, along with assessing and treating Pediatric Spinal Injuries will be discussed.

## **Penetrating Neck Trauma (ALS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about penetrating neck injuries.

## **Pit Crew CPR (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Pit Crew CPR, a high-performance CPR technique where responder roles are redefined. This course presents versions for ALS responders.

## **Pregnancy and Dyspnea (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about pregnancy and dyspnea.

## **Pregnancy and Trauma (ALS)**

*1 HOUR*

This one-hour course is designed to enhance your ability to identify the importance of proper training for your role as an ALS provider regarding the handling of pregnant patients with trauma.

## **Radiation Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about both the typical and atypical presentations of radiation.

## **Return of Spontaneous Circulation (ALS)**

*1 HOUR*

This Medic Monthly course for ALS providers presents instruction on the procedures that are necessary for treating the return of spontaneous circulation of patients in cardiac arrest.

## **Safe and Effective Pain Management (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the use of pain management in the field and its use in the treatment of patient trauma.



## **Safe Transport of the Pediatric Patient (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the safe transport of pediatric patients and best practices on using child safety seats, transporting uninjured pediatric patients, dangers, and more.

## **Scene Safety at MCI (ALS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the Paramedic about the importance of Scene Safety.

## **Seizures (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the seizure patient.

## **Sepsis (ALS)**

*1 HOUR*

This Medic Monthly course on sepsis 2016 (ALS) will discuss the etiology of uncomplicated infection and contrast it to sepsis. There will be a discussion of signs and symptoms as well as a discussion of treatment options and treatment priorities.

## **Sickle Cell Crisis (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about sickle cell disease.

## **Snakebites And Stings (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the snakebite victim.

## **Spinal Injuries (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about the management of the spine-injured patient.

## **Spinal Motion Restriction (ALS)**

*1 HOUR*

This Medic Monthly course on Spinal Motion Restriction (ALS) presents new ways to think about how EMS providers handle spinal trauma and injuries.

## **Stabbings (ALS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about penetrating chest and abdominal injuries.

## **Stroke (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the stroke patient.

## **Sudden Infant Death Syndrome (SIDS) (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the infant cardiac arrest victim and their family. This course covers, from beginning to end, the actions a Paramedic should take in assessing the situation, making further observations, as well as objectively documenting conducting a scene survey.

## **The Art of Patient Refusal (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about patients who refuse care.

## **The Obese Patient (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the obese EMS patient.

## **Toxic Inhalations (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the different presentations of various toxic inhalations.

## **Treating Neck and Spinal Injuries ( ALS)**

*1 HOUR*

In this edition of Medic Monthly, learners will explore the various types of neck and spinal injuries, particularly those associated with football and sports injuries, as well as the mechanisms of injury, how to perform a physical assessment, and the importance of documenting each incident.

## **Triage (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the importance of MCI Triage.

## **Ventricular Assist Devices: Assessment and Treatment Considerations (ALS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Ventricular Assist Devices: Assessment and Treatment Considerations. This course presents versions for ALS responders.

## **Wheezing (ALS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with wheezing.

## **MEDIC MONTHLY (BLS)**

- FULL-LENGTH COURSES

## **Abdominal Aortic Aneurysm (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the detection and management of the patient with a suspected ruptured abdominal aortic aneurysm.

## **Abdominal Trauma (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the abdominal trauma victim.

## **Acute MI and STEMI (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about both the typical and atypical presentations of acute myocardial infarction and STEMI.

## **Acute Psychosis (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the management of the patient with acute psychosis.

## **Alcohol-Related Emergencies (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the alcohol-intoxicated patient.

## **Altered Mental Status in the Elderly (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about altered mental status in the elderly patient.

## **Alternative Drugs of Abuse (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about some newer drugs of abuse.

## **Altitude Illness (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about altitude illness.

## **Amputation and Hemorrhage Control (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the presentation of amputation in the field and the need for subsequent hemorrhage control. Using real life-based scenarios, this course will discuss the etiology of hemorrhagic shock and the signs and symptoms associated with critical blood loss. Treatment priorities in massive hemorrhage will be discussed and tactical EMS in the warm zone of active shooters will be briefly explored.

## **Anaphylaxis (BLS)**

*1 HOUR*

An allergic reaction or anaphylaxis? When is epinephrine truly indicated? Is Benadryl ever enough if the person just has itching? Do we even have a concrete definition for Anaphylaxis? Get the answers in this Medic Monthly training.

## **Animal Bites (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the identification and management of the patient with an animal bite.

## **Anticholinergic Overdose (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the identification and management of the patient with anticholinergic toxicity.

## **Asthma (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the identification and management of the patient with asthma.

## **Back Pain/Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about back pain and injuries.

## **Blast Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about both the typical and atypical presentations of blast injuries.

## **Body Piercing (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with tongue trauma.

## **Burns (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the management of burn injuries.

## **Capnography for Respiratory Distress (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the use of capnography in the field and its assistance in the treatment of patients in respiratory distress.

## **Carbon Monoxide Poisoning (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of a carbon monoxide exposed patient.

## **Chest Pain (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the chest pain patient.

## **Chest Trauma (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about blunt chest trauma.

## **CHF Vs. COPD (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the overlapping signs and symptoms of Congestive Heart Failure (CHF)/Pulmonary Edema and COPD.

## **Child Abuse (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the potential child abuse patient.

## **Club Drugs (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the many different commonly abused club drugs.

## **Customer Service (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the importance of Customer Service.

## **Dehydration (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the identification and management of the patient with dehydration.

## **Dementia and Prehospital Implications (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the management of the elderly patient with dementia.

## **Depression/Suicide (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the psychiatric patient.

## **Determination of Death (BLS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about determination of death.

## **Diabetic Emergencies (BLS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the EMR/EMT about diabetic emergencies commonly encountered in the field.

## **Diving Emergencies (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the assessment and management of dive-related emergencies.

## **DNR (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the management of the patient with advance directives and DNR orders.

## **Dyspnea (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the dyspnea patient.

## **Elder Abuse (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the potential elder abuse patient.

## **Elderly Falls (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the elderly fall patient.

## **Elderly Hip Fracture (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the patient with a hip injury.

## **Electrical Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about electrical injuries.

## **EMS Lawsuits - Documentation/Patient Refusals (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of patients that want to refuse care or transport.

## **EMS Response to Active Shooter Incidents (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Responses to Active Shooter Incidents.

## **Excited Delirium (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the management of the patient with excited delirium.

## **Eye Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the assessment and management of eye injuries.

## **Facial Trauma (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the patient with facial trauma.

## **Gastrointestinal Bleeding (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the gastrointestinal bleeding patient.

## **Head Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the potential head injured patient.

## **Headaches (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the patient with a headache.

## **Hyperthermic Patient (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the patient with hyperthermia

## **Hypothermic Patient (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the hypothermic patient.

## **Influenza (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about both the typical and atypical presentations of influenza infection.

## **Kidney Disease (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about the management of the patient with confirmed or suspected kidney disease.

## **Liver Disease (BLS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the EMR/EMT about liver disease.

## **Managing Chronic Care Patients (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on managing chronic care patients and their overuse or abuse of the EMS system. This course is provided for BLS responders.



## **Managing the Pediatric Arrest (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Pediatric Cardiac Arrest: Recognition, Resuscitation, and Transport Considerations. This course is provided for BLS responders.

## **Medication Errors (BLS)**

*1 HOUR*

Human error during drug administration occurs with surprising frequency across all disciplines of medicine. This one-hour Medic Monthly course, Medication Errors, investigates these errors and how to prevent them. This course is provided for BLS responders.

## **Methamphetamine Abuse (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the clinical findings commonly encountered with methamphetamine abuse.

## **Myocardial Infarction (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about both the typical and atypical presentations of acute myocardial infarction.

## **Narcotic Abuse (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the identification and management of the patient with opiate and other drug abuse.

## **Near Drowning (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the drowning and near drowning victim.

## **Patient Communication During Disasters (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on patient communication during disasters and how to interact with individuals who are emotionally and physically overwhelmed.

## **Pediatric Abdominal Trauma (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the pediatric patient with abdominal trauma.

## **Pediatric Altered Mental Status (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the pediatric patient with altered mental status.

## **Pediatric Burns (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of pediatric burn injuries.

## **Pediatric Chest Pain (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about management of the pediatric chest pain patient.

## **Pediatric Emergencies (BLS)**

*1 HOUR*

This episode of Medic Monthly focuses on the Pediatric Assessment Triangle that allows the provider to rapidly obtain vital information prior to physically approaching the pediatric patient.

## **Pediatric Falls (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the pediatric patient with falls.

## **Pediatric Head Trauma (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric head trauma victim.

## **Pediatric Overdose (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the management of the pediatric overdose patient.

## **Pediatric Seizures (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the pediatric seizure patient.

## **Pediatric Shock (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with shock.

## **Pediatric Shortness Of Breath (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the pediatric patient with shortness of breath.

## **Pediatric Spinal Injuries (BLS)**

*1 HOUR*

Treating Pediatric Spinal Injuries requires special consideration. In this course, the best practices of working with pediatric trauma patients, along with assessing and treating Pediatric Spinal Injuries will be discussed.

## **Penetrating Neck Trauma (BLS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the EMR/EMT about penetrating neck injuries.

## **Pit Crew CPR (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Pit Crew CPR, a high-performance CPR technique where responder roles are redefined. This course presents versions for BLS responders.

## **Pregnancy and Dyspnea (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about pregnancy and dyspnea.

## **Pregnancy and Trauma (BLS)**

*1 HOUR*

This one-hour course is designed to enhance your ability to identify the importance of proper training for your role as an BLS provider regarding the handling of pregnant patients with trauma.

## **Radiation Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about both the typical and atypical presentations of radiation.

## **Return of Spontaneous Circulation (BLS)**

*1 HOUR*

This Medic Monthly course for BLS providers presents instruction on the procedures that are necessary for treating the return of spontaneous circulation of patients in cardiac arrest.

## **Safe and Effective Pain Management (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the use of pain management in the field and its use in the treatment of patient trauma.

## **Safe Transport of the Pediatric Patient (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on the safe transport of pediatric patients and best practices on using child safety seats, transporting uninjured pediatric patients, dangers, and more.

## **Scene Safety at MCI (BLS)**

*1 HOUR*

The goal of this edition of the Medic Monthly is to educate the EMR/EMT about the importance of Scene Safety.

## **Seizures (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the seizure patient.

## **Sepsis (BLS)**

*1 HOUR*

This Medic Monthly course on sepsis 2016 (BLS) will discuss the etiology of uncomplicated infection and contrast it to sepsis. There will be a discussion of signs and symptoms as well as a discussion of treatment options and treatment priorities.

## **Sickle Cell Crisis (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about sickle cell disease.

## **Snakebites And Stings (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the snakebite victim.

## **Spinal Injuries (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the paramedic about the management of the spine-injured patient.

## **Spinal Motion Restriction (BLS)**

*1 HOUR*

This Medic Monthly course on Spinal Motion Restriction (BLS) presents new ways to think about how EMS providers handle spinal trauma and injuries.

## **Stabbings (BLS)**

*1 HOUR*

The goal of this month's edition of the Medic Monthly is to educate the Paramedic about penetrating chest and abdominal injuries.

## **Stroke (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the stroke patient.

## **Sudden Infant Death Syndrome (SIDS) (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about the management of the infant cardiac arrest victim and their family. This course covers, from beginning to end, the actions a Paramedic should take in assessing the situation, making further observations, as well as objectively documenting conducting a scene survey.

## **The Art of Patient Refusal (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the Paramedic about patients who refuse care.

## **The Obese Patient (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the obese EMS patient.

## **Toxic Inhalations (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the different presentations of various toxic inhalations.

## **Treating Neck and Spinal Injuries ( BLS)**

*1 HOUR*

In this edition of Medic Monthly, learners will explore the various types of neck and spinal injuries, particularly those associated with football and sports injuries, as well as the mechanisms of injury, how to perform a physical assessment, and the importance of documenting each incident.

## **Triage (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the importance of MCI Triage.

## **Ventricular Assist Devices: Assessment and Treatment Considerations (BLS)**

*1 HOUR*

This one-hour Medic Monthly course provides instruction on Ventricular Assist Devices: Assessment and Treatment Considerations. This course presents versions for BLS responders.

## **Wheezing (BLS)**

*1 HOUR*

The goal of this month's edition of Medic Monthly is to educate the EMR/EMT about the management of the patient with wheezing.

## **MEDICAL/CLINICAL**

### **• FULL-LENGTH COURSES**

## **HIV/AIDS**

*1 HOUR*

We fear what we don't know. This course seeks to overcome the myths and fears surrounding HIV/AIDS with facts, understanding, and proven methods for the prevention of HIV as well as proven safety measures when interacting with infected persons.

## **Medication-Resistant Pathogens (MRSA, TB, VRE, C.Diff)**

*1 HOUR*

Recently, medical providers have seen an increase in the incidence of medication-resistant pathogens. EMS providers should be familiar with common and serious diseases that are resistant to medication to allow them to protect themselves and their patients more effectively.

### **• TRAINING BLOCK COURSES**

## **Environmental**

*1 HOUR*

In this video block course, a multitude of topics will be covering things as an EMS Provider you may encounter in your environment. Specifically we will explore what to do in inclement weather, remote environments, how to keep patients warm and finally how to use epinephrine auto-injectors.

Videos in this course include:

- What Would You Do: Snowbound
- Remember 2 Things: EMS in Remote Environments
- Everyday EMS with Greg Friese: Keeping Patients Warm
- Remember 2 Things: Treating Anaphylaxis
- Epinephrine Auto Injector

## Medical

1 HOUR

This video block covers a multitude of topics, including the treatment of sepsis and shock, as well as bringing awareness to suicide.

Videos in this course include:

- Sepsis Patients
- Suicide Awareness
- 4 Types of Shock
- Remember 2 Things: Aggressive EMS Treatment of Sepsis
- Sepsis and Capnography

## Obstetrics

1 HOUR

This video block course covers several topics, including the basics of OB-GYN and OB kits.

Videos in this course include:

- OB Kits
- Remember 2 Things: Debunking Obstetrical Practices
- Post-Partum Hemorrhage
- Birth Positions & Cord Clamping

## Patient Assessment and Exam

1 HOUR

This video block covers a multitude of topics, including calculating the Glasgow Coma Scores (GCS), Head to Toe exams, patient interviewing and assessment, as well as stethoscope use and maintenance.

Videos in this course include:

- Angry Patients
- Patient Restraint
- Cell Phone Talking Patients
- Remember 2 Things: Patient Comfort
- Calculating the Glasgow Coma Scores (GCS)
- Head to Toe Exam
- Stethoscope Use and Maintenance
- Tips for Better Patient Assessment

## Responding to Emergencies 1

1 HOUR

This is the first Training Block for the course on Responding to Emergencies. This course covers:

Tactical Medicine, Tourniquet Use: A Medical Director explains, Treating a Broken Bone, Treating a Heart Attack, What to do When Wounded.

Videos in this course include:

- Tactical Medicine
- Tourniquet Use: A Medical Director Explains
- Treating a Broken Bone
- Treating a Heart Attack
- What to do When Wounded

## Responding to Emergencies 2

1 HOUR

This is the second Training Block for the course on Responding to Emergencies. This course covers: Combat

Casualty Care, Responding to Hospital Emergencies, Self-Aid/Buddy Aid, The Uses of the Emergency Bandage, Using HALO Chest Seal, The Use of Tourniquets, BARS Technique, Cardiac Arrest Management Compressions, The Role of the Bystander during CPR

Videos in this course include:

- BARS Technique
- Cardiac Arrest Management Compressions
- Combat Casualty Care
- Emergency Bandage Demonstration
- Responding to Hospital Emergencies
- Self Aid/Buddy Aid
- The Role of the Bystander during CPR
- The Use of Tourniquets
- Using HALO Chest Seal

## **What Would You Do?**

*1 HOUR*

This video block covers a multitude of topics, each containing unique scenarios that beg the question, "What would you do?".

Videos in this course include:

- What Would You Do: Appropriate Helicopter Use
- What Would You Do: Baby Turns Blue
- What Would You Do: Crummy CPR
- What Would You Do: Don't Cut My Leathers!
- What Would You Do: Is That Your Drone?

### • SINGLE VIDEO COURSES

- Debated Obstetrical Topics
- Delusional Patients
- Geriatric Patients

## **PARAMEDIC INTERACTIVE**

### • FULL-LENGTH COURSES

#### **Paramedic Interactive - Module 01 EMS Systems**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 1: EMS Systems explains how you can prepare to handle EMS systems.

#### **Paramedic Interactive - Module 02 Workforce Safety and Wellness**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 2: Workforce Safety and Wellness explains how you can prepare to handle workforce safety and wellness.

#### **Paramedic Interactive - Module 03 Public Health**

*1 HOUR*

Paramedic Interactive Module 3: Public Health explains how you can prepare to handle public health issues.

#### **Paramedic Interactive – Module 04 Medical, Legal, and Ethical Issues**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 4: Medical, Legal, and Ethical Issues explains how you can prepare to handle medical, legal, and ethical issues.



## **Paramedic Interactive - Module 05 Communications**

*1 HOUR*

Paramedic Interactive Module 5: Communications explains how you can prepare to handle EMS communications.

## **Paramedic Interactive - Module 06 Documentation**

*1 HOUR*

Paramedic Interactive Module 6: Documentation explains how you can prepare to handle EMS documentation.

## **Paramedic Interactive - Module 07 Anatomy and Physiology**

*7 HOURS 30 MINUTES*

Paramedic Interactive Module 7: Anatomy and Physiology explains the anatomy and physiology of the human body.

## **Paramedic Interactive - Module 08 Pathophysiology**

*3 HOURS*

Paramedic Interactive Module 8: Pathophysiology explains how to prepare to handle the patient with a pathophysiological emergency.

## **Paramedic Interactive - Module 09 Life Span Development**

*1 HOUR*

Paramedic Interactive Module 9: Life Span Development explains how to prepare to handle patients in different stages of their life span development.

## **Paramedic Interactive - Module 10 Principles of Pharmacology**

*2 HOURS*

Paramedic Interactive Module 10: Principles of Pharmacology explains how you can be prepared to apply the principles of pharmacology when treating a patient.

## **Paramedic Interactive - Module 11 Medication Administration**

*3 HOURS*

Paramedic Interactive Module 11: Medication Administration explains how you can prepare to handle medication administration when treating a patient.

## **Paramedic Interactive - Module 12 Emergency Medications**

*1 HOUR*

Paramedic Interactive Module 12: Medication Formulary explains how you can prepare to handle the patient in need of emergency medications.

## **Paramedic Interactive - Module 13 Patient Assessment**

*5 HOURS*

Paramedic Interactive Module 13: Patient Assessment explains how to prepare to handle the patient assessment.

## **Paramedic Interactive - Module 14 Critical Thinking and Clinical Decision Making**

*1 HOUR*

Paramedic Interactive Module 14: Critical Thinking and Clinical Decision Making explains how you can prepare to use critical thinking and clinical decision making to treat a patient.

## **Paramedic Interactive - Module 15 Airway Management and Ventilation**

*5 HOURS*

Paramedic Interactive Module 15: Airway Management and Ventilation explains how you can prepare for airway management and ventilation in treating a patient.

## **Paramedic Interactive - Module 16 Respiratory Emergencies**

*2 HOURS*

Paramedic Interactive Module 16: Respiratory Emergencies explains how you can prepare to handle the patient with a respiratory emergency.

## **Paramedic Interactive - Module 17 Cardiovascular Emergencies**

*5 HOURS 30 MINUTES*

Paramedic Interactive Module 17: Cardiovascular Emergencies, explains how you can prepare to handle the patient with a cardiovascular emergency.

## **Paramedic Interactive - Module 18 Neurologic Emergencies**

*2 HOURS*

Paramedic Interactive Chapter 18: Neurologic Emergencies, explains how you can prepare to handle the patient with a neurologic emergency.

## **Paramedic Interactive - Module 19 Diseases of the Eyes, Ears, Nose, and Throat**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 19: Diseases of the ears, eyes, nose, and throat explains how you can prepare to handle the patient with a disease of the ears, eyes, nose, and/or throat.

## **Paramedic Interactive - Module 20 Abdominal and Gastrointestinal Emergencies**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 20: Abdominal and Gastrointestinal Emergencies explains how you can prepare to handle the patient with an abdominal and gastrointestinal emergency.

## **Paramedic Interactive - Module 21 Genitourinary and Renal Emergencies**

*1 HOUR*

Paramedic Interactive Module 21: Genitourinary and Renal Emergencies explains how you can prepare to handle the patient with genitourinary and renal emergencies.

## **Paramedic Interactive - Module 22 Gynecologic Emergencies**

*1 HOUR*

Paramedic Interactive Module 22: Gynecologic Emergencies explains how you can prepare to handle the patient with a gynecologic emergency.

## **Paramedic Interactive - Module 23 Endocrine Emergencies**

*1 HOUR*

Paramedic Interactive Module 23: Endocrine Emergencies explains how you can prepare to handle the patient with endocrine emergencies.

## **Paramedic Interactive - Module 24 Hematologic Emergencies**

*30 MINUTES*

Paramedic Interactive Module 24: Hematologic Emergencies explains how you can prepare to handle the patient with hematologic emergencies.

## **Paramedic Interactive - Module 25 Immunologic Emergencies**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 25 Immunologic Emergencies explains how you can prepare to handle the patient with immunologic emergencies.

## **Paramedic Interactive - Module 26 Infectious Diseases**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 26 Infectious Diseases explains how you can prepare to handle the patient with infectious diseases.

## **Paramedic Interactive - Module 27 Toxicology**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 27 Toxicology explains how you can prepare to handle the toxicology patient.

## **Paramedic Interactive - Module 28 Psychiatric Emergencies**

*2 HOURS*

Paramedic Interactive Module 28: Psychiatric Emergencies explains how you can prepare to handle the patient with psychiatric emergencies.

## **Paramedic Interactive - Module 29 Trauma Systems and Mechanism of Injury**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 29: Trauma Systems and Mechanism of Injury explains how you can prepare to handle trauma patients.

## **Paramedic Interactive - Module 30 Bleeding**

*1 HOUR*

Paramedic Interactive Module 30: Bleeding explains how to prepare to handle the bleeding patient.

## **Paramedic Interactive - Module 31 Soft-Tissue Trauma**

*2 HOURS*

Paramedic Interactive Module 31: Soft-Tissue Trauma explains how to prepare to handle the patient with soft-tissue trauma.

## **Paramedic Interactive - Module 32 Burns**

*2 HOURS*

Paramedic Interactive Module 32: Burns, explains how you can prepare to handle the burn patient.

## **Paramedic Interactive - Module 33 Face and Neck Trauma**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 33: Face and Neck Trauma, explains how you can prepare to handle the patient with face and/or neck trauma.

## **Paramedic Interactive - Module 34 Head and Spine Trauma**

*2 HOURS 30 MINUTES*

Paramedic Interaction Module 34: Head and Spine Trauma, explains how you can prepare to handle the patient with head and/or spine trauma.

## **Paramedic Interactive - Module 35 Chest Trauma**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 35: Chest Trauma, explains how you can prepare to handle the chest trauma patient.

## **Paramedic Interactive - Module 36 Abdominal and Genitourinary Trauma**

*1 HOUR*

Paramedic Interactive Module 36: Abdominal and Genitourinary Trauma, explains how you can prepare to handle the abdominal and genitourinary patient.

## **Paramedic Interactive - Module 37 Orthopaedic Trauma**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 37: Orthopaedic Trauma, explains how you can prepare to handle the orthopaedic trauma patient.

## **Paramedic Interactive - Module 38 Environmental Trauma**

*3 HOURS*

Paramedic Interactive Module 38: Environmental Trauma, explains how you can prepare to handle the environmental trauma patient.

## **Paramedic Interactive - Module 39 Responding to the Field Code**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 39: Responding to the Field Code, explains how you can prepare to handle responding to the field code.

## **Paramedic Interactive - Module 40 Management and Resuscitation of the Critical Patient**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 40: Management and Resuscitation of the Critical Patient, explains how you can prepare to handle the management and resuscitation of the critical patient.

## **Paramedic Interactive - Module 41 Obstetrics**

*3 HOURS*

Paramedic Interactive Module 41: Obstetrics, explains how you can prepare to handle the obstetrics patient.

## **Paramedic Interactive - Module 42 Neonatal Care**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 42: Neonatal Care, explains how you can prepare to handle the patient in need of neonatal care.

## **Paramedic Interactive - Module 43 Pediatric Emergencies**

*6 HOURS*

Paramedic Interactive Module 43: Pediatric Emergencies explains how you can prepare to handle the patient with a pediatric emergency.

## **Paramedic Interactive - Module 44 Geriatric Emergencies**

*4 HOURS*

Paramedic Interactive Module 44: Geriatric Emergencies explains how you can prepare to handle the patient with geriatric emergencies.

## **Paramedic Interactive - Module 45 Patients With Special Challenges**

*3 HOURS 30 MINUTES*

Paramedic Interactive Module 45: Patients With Special Challenges explains how you can prepare to handle the patient with special challenges.

## **Paramedic Interactive - Module 46 Transport Operations**

*1 HOUR*

Paramedic Interactive Module 46: Transport Operations explains how you can prepare to handle transport operations.

## **Paramedic Interactive - Module 47 Incident Management and Multiple-Casualty Incidents**

*1 HOUR*

Paramedic Interactive Module 47: Incident Management and Multiple-Casualty Incidents explains how you can prepare to manage multiple-casualty incidents.

## **Paramedic Interactive - Module 48 Vehicle Extrication and Special Rescue**

*2 HOURS 30 MINUTES*

Paramedic Interactive Module 48: Vehicle Extrication and Special Rescue explains how you can prepare to handle vehicle extrication and special rescue situations.

## **Paramedic Interactive - Module 49 Hazardous Materials**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 49: Hazardous Materials explains how you can prepare to handle hazardous material situations.

## **Paramedic Interactive - Module 50 Terrorism**

*1 HOUR*

Paramedic Module Chapter 50: Terrorism explains how you can prepare to handle a terrorism situation.

## **Paramedic Interactive - Module 51 Disaster Response**

*1 HOUR 30 MINUTES*

Paramedic Interactive Module 51: Disaster Response explains how you can prepare to handle a disaster response situation.

## **Paramedic Interactive - Module 52 Crime Scene Awareness**

*1 HOUR*

Paramedic Interactive Module 52: Crime Scene Awareness explains how you can prepare to handle and be aware of a possible crime scene.

## **PATIENT HANDLING**

### **• FULL-LENGTH COURSES**

## **HIPAA For First Responders**

*1 HOUR*

This course covers the basics of Health Insurance Portability and Accountability Act or HIPAA. This course will explain the concept and rules related to HIPAA and the necessary safeguards you should take as a First Responder.

- TRAINING BLOCK COURSES

## Customer Service

1 HOUR

In this video block course, a multitude of topics will be covered, including honesty with patients and their family, how to deal with patients on their cell phones, and final words when parting with patients. This course also offers three videos that apply specific situations you may find yourself in, as it relates to customer service.

Videos in this course include:

- Be honest With Patients and Family
  - Cell Phone Talking Patients
  - Final two things to say to your patient
  - What Would You Do: Start CPR...No, Don't!
  - What Would You Do: Dear Patient: We Hate You
  - What Would You Do: Is Receiving Gifts Appropriate?
- SINGLE VIDEO COURSES
    - Decisions and Control
    - Talking to The Family
    - The Importance of Critical Care
    - What Would You do: The Immobile Patient and the Frequent Call

## PEDIATRIC CARE

- FULL-LENGTH COURSES

### Children with Complex Medical Conditions

1 HOUR

Children with complex medical needs are increasingly being discharged into the community to be cared for at home rather than in the hospital. EMS providers need to understand some of these complex conditions and need treatment strategies for responding to these patients.

- SINGLE VIDEO COURSES
  - Replacing a Pediatric Tracheostomy Tube

## PHARMACOLOGY

- TRAINING BLOCK COURSES

### Pain Management

1 HOUR

This video block course covers pain management and nitrous oxide use in detail.

Videos in this course include:

- Pain Management
- Nitrous Oxide Field Unit Training

## PRODUCTS AND TECHNOLOGIES FOR EMS

- FULL-LENGTH COURSES

### Ambulance Safety and Design

1 HOUR

Data has shown that ambulances are one of the most dangerous vehicles on the road. Taking into account the

purpose of such vehicles, the safe and efficient transportation of injured people and vital care providers is easily one of the most important factors in ambulance design. In this 1-hour course, learners will discover how ambulances have evolved throughout history, why safety is at the forefront of design, and how all of these factors have changed over the past 40 years.

## **Body Armor and the Changing Landscape of Public Safety**

*1 HOUR*

First responders are facing emerging threats on the job. With active shooter and other mass casualty incidents on the rise, law enforcement, fire, and EMS all face dangers in the field that have major impacts on their safety and livelihood. For many first responders, purchasing personal body armor comes at their own expense. The questions they often ask are why should they wear armor and what kind do they need? In this course, learners will discover the importance of wearing body armor in the field, whether that is in an active shooter event or a routine call. The course will also examine the kinds of armor available and which type works best for all first responders.

## **Leading a Safe and High Performing Ambulance Team**

*1 HOUR 30 MINUTES*

Leading an organization that not only focuses on employees but also patient care can be a daunting task unless you have the tools you need. This course from Zoll Data explores how to keep your team safe while building best practices for a high performing ambulance team. It examines the current state of the EMS industry, how to build a strong foundation, best practices in safety, and how to mitigate your risk around crashes and accidents.

## **Lights and Sirens: Deadly Epidemic**

*1 HOUR*

It is a misconception that the use of lights and sirens and high ambulance speeds saves lives. In fact, there have been many studies that have proven the contrary. In this Zoll Data course, learners will discover the deadly epidemic of lights and sirens abuse and how EMS organizations can take advantage of media applications to maintain the public trust and discourage those characteristics that often cause ambulance crashes and the loss of life.

## **The Culture of Ambulance Safety**

*1 HOUR*

The topic of safety often brings groans and grumbles to organizations; it can be costly and time-consuming; however, data has shown that a lack of safety culture in any organization often costs more than just money. In this course from Zoll Data, organizations will gain insight into the ways and means of developing a culture of safety by acknowledging the issues of professionalism, the need for evidence and incentive-based practices, and the importance of making positive behavioral shifts in your organization.

## **REMEMBER 2 THINGS**

### **• SINGLE VIDEO COURSES**

- Burn Care Part 1
- Burn Care Part 2
- Pregnant Mothers and Trauma
- Pre-hospital Delivery (baby): When to Transport
- Remember 2 Things: Advanced Cardiac Monitors
- Remember 2 Things: Aggressive EMS Treatment of Sepsis
- Remember 2 Things: Awareness During CPR
- Remember 2 Things: Becoming a Critical Care Paramedic
- Remember 2 Things: Becoming a Critical Care Paramedic 2
- Remember 2 Things: BVM Technique
- Remember 2 Things: Closed Looped Communication
- Remember 2 Things: Debunking Obstetrical Practices
- Remember 2 Things: Disaster Medical Teams
- Remember 2 Things: Disaster Response
- Remember 2 Things: Effectively Transferring Handoff Reports
- Remember 2 Things: Employee Turnover



- Remember 2 Things: EMS Advocacy Part 1
- Remember 2 Things: EMS Advocacy Part 2
- Remember 2 Things: EMS Advocacy Part 3
- Remember 2 Things: Essentials for Effective Patient Transfer
- Remember 2 Things: Exit Interviews and Employee Retention
- Remember 2 Things: Glucometers Technology
- Remember 2 Things: Improving Patient Handoff Reports
- Remember 2 Things: IO Lines Driver Slow Down
- Remember 2 Things: IO Lines Needle Selection
- Remember 2 Things: IO Lines Pharmacokinetics
- Remember 2 Things: Lung Sounds
- Remember 2 Things: Motivated EMS Workforce
- Remember 2 Things: Performance Reviews
- Remember 2 Things: Proper Emergency Care
- Remember 2 Things: Pulse Oximetry False Readings
- Remember 2 Things: Radio / Phone Communication #1
- Remember 2 Things: Radio / Phone Communication #2
- Remember 2 Things: Social Media Warnings
- Remember 2 Things: Social Media Warnings Frequent Trouble
- Remember 2 Things: Understanding Closed Loop
- Remember 2 Things: Understanding Stroke Centers
- Remember 2 Things: Using Lay Providers in Disaster Situations
- Remember 2 Things: When Reports Go Bad
- Remember 2 Things: Workplace Incentives

## TACTICAL EMERGENCY MEDICAL SUPPORT (TEMS)

### • SINGLE VIDEO COURSES

- Downrange EMS – Critical Care When the Scene Isn't Safe
- Medical Assessment Team

## TRAUMA

### • TRAINING BLOCK COURSES

#### **Trauma EMS1**

*1 HOUR 30 MINUTES*

This video block course covers a multitude of topics about trauma, including head injuries, wound management, time management, extrication incidents, as well as early recognition.

Videos in this course include:

- Head Injuries
  - Thoracic Trauma: Time Matters
  - Early Recognition and Treatment of Trauma
  - Remember 2 Things: Bleeding Control
  - Damage Control Resuscitation
- ### • SINGLE VIDEO COURSES
- EMS Treatment During Extrication Incidents
  - Soft Tissue Wound Management
  - START Triage System