

# Life-saving training

The Don Lee Training Center for the American Health and Safety Institute (ASHI) instructs and certifies the community in Basic First Aid to CPR for the Professional.

The Don Lee staff can also prepare you for a more backcountry experience with two levels of Wilderness First Aid training.

Trained and experienced staff will instruct you in the fundamentals of each new skill while building upon what you already know.

Let us help you create a safer environment and improved sense of well-being for you and your community.



For more information about the classes offered at the Don Lee Training Center and to learn more about the American Safety & Health Institute (ASHI), please visit the websites below.



[www.ashinstitute.org](http://www.ashinstitute.org)



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1-800-535-5475  
[www.donleecenter.org](http://www.donleecenter.org)

## Don Lee Training Center

for the  
American Safety and Health Institute



Offering Courses in

**Basic First Aid**  
**Community CPR/AED**  
**CPR for the Professional Rescuer**  
**Basic Wilderness First Aid**  
**Wilderness First Aid**

# Training Offered at Don Lee Center

## Basic First Aid for the Community and Workplace

Individuals who require or desire elementary first aid knowledge and skills with a focus on adults, children, or both.

This includes emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents and baby sitters.

**Time Requirement** 5 hours  
**Certification Period** Up to 3 years

## CPR & AED for the Community and Workplace

Persons who are occupationally required or desire to have CPR and AED knowledge and skills.

This includes emergency response teams in business and industry, school bus driver, adult residential care personnel, child care workers, teachers, parents, and babysitters.

**Time Requirement** 5 hours  
**Certification Period** Up to 2 years

## Multi-Day Training

Some of the programs listed will require multiple days of training. If you or your group is not located within commuting distance, Don Lee Center can provide overnight lodging and meals.

Lodging and meal costs can be found on the Don Lee Retreats webpage at

[www.donleecenter.org/retreats.php](http://www.donleecenter.org/retreats.php)

## CPR & AED for the Professional Rescuer

This course provides individuals who have a job-related duty to respond to emergencies with the knowledge and skills to recognize and provide care in respiratory and cardiac emergencies.

Skills include two-rescuer CPR and techniques for special rescue situations, and using resuscitation masks and bag-valve-masks for ventilating victims.

**Time Requirement** 7 hours  
**Certification Period** Up to 2 years

## Wilderness First Aid

Wilderness Emergency Care is a program that trains and certifies people to cope with wilderness hazards and emergencies.

The training focus is on wilderness situations, the skills taught can be used in urban emergencies as well.

This course trains people to think - to use their brains as well as their hands.

Wilderness situations can be considered places where connection with EMS might be delayed by 60 minutes or more and evacuation may be needed by the Wilderness First Aider.

The Basic WFA class will teach participants the fundamentals of Wilderness First Aid and will include all elements of a Basic First Aid class.

The full WFA class will teach some advanced techniques and allow students more time to engage in skills practice and situational exercises.

**Time Requirement**  
 Basic Wilderness First Aid 8 hours  
 Wilderness First Aid 16-20 hours  
**Certification Period** Up to 3 years

## PRICING

Basic First Aid	\$45	CPR for the Professional Rescuer	\$70	Basic Wilderness First Aid	\$85
Community CPR/AED	\$50	Combined CPR-PRO/Wilderness First Aid	\$175	Wilderness First Aid	\$130
Combined First Aid/CPR (includes all course materials)	\$75	(includes all materials except personal mask)		(includes all materials)	

for more information and training dates, go to [www.donleecenter.org/ashi.htm](http://www.donleecenter.org/ashi.htm)