

# Blue Ridge Safety and Health Training

Blue Ridge Safety and Health specializes in educational classes for workplace safety and illness or injury care. Marvin and Claudia Huddleston are the instructors.

Marvin is retired as a fire captain and worked over twenty years as a paramedic. Claudia is both a registered nurse and paramedic.

Marvin and Claudia have a combined instructional expertise of over seventy years. In addition, they also are able to add real life healthcare experiences into the classroom.

Other qualified instructors are utilized who also have multiple years of teaching and field experience.

## Classes Offered

### CPR/AED

**Description:** This course reviews adult CPR and the use of the A.E.D. This technique has been shown to be more effective than C.P.R. in a cardiac arrest. Students also learn how to deal with conscious and unconscious choking patients

**Course validation period:** 2 years

**Cost:** \$50 per student

### Basic First Aid

**Description:** This is a basic first aid course that covers a wide range of common emergencies found in industrial and business settings. This is a four-hour course that includes lecture, video, demonstration, and hands-on participation by students.

**Course validation :** 2 years

**Cost per student** \$40.00

**Cost per student** \$30.00 if combined with any CPR class

*Most workplaces can meet educational safety needs by combining First Aid and CPR. These two classes can be presented in one workday and are priced at \$80.00 for both. Classes can be offered at the worksite.*

**Note:** CPR and First Aid classes are valid for two years.

### CPR PRO

**Description:** This course meets the certification and recertification needs of the health care workers. These classes include one and two rescuer emergency procedures for CPR and choking emergencies involving adults, children, and infants. Causes and treatment of sudden death are discussed.

**Course validation period:** 2 years

**Certification Course:** \$75.00

### Child and Infant CPR/AED

**Description:** This is a specially designed course that focuses on CPR/AED for infants and children. The course also addresses common illnesses and injuries that can result in unexpected cardiac and respiratory arrest.

**Course validation period:** 2 years.

**Cost per student:** \$50.00

### Child CPR/AED

**Description:** A course that is specifically designed to assist workers who primarily care for infant and children. Covered within this course includes not only the basic life support information but also legal considerations, causes of sudden death, and special considerations for resuscitation.

**Course validation period:** 2 years

**Cost:** \$35.00

### Bloodborne Pathogens

**Description:** This course has been developed to assist those who may have exposure to bloodborne pathogens. This course is in compliance with the Blood Borne Pathogen Standards set forth by the Occupational Safety and Health Administration.

**Course validation period:** 2 years

**Cost:** \$20.00

*Price is reduced to \$15.00 if taught in combination with other classes*

**Call:** (540) 774-1842 or email at [mhuddleston@brsafety.com](mailto:mhuddleston@brsafety.com) for more information on classes.