

## INTRODUCTION

Is your business looking for safety training courses for your workers? Are your CPR and First Aid certifications nearing expiration? At the Duluth Area Family YMCA, we offer on and off-site safety training courses and basic safety presentations in both American Safety & Health Institute (ASHI) and American Red Cross (ARC).



**American  
Red Cross**

**AMERICAN  
SAFETY &  
HEALTH  
INSTITUTE**

For more information or to schedule a training for your group, contact Cheryl Podtburg, the Aquatics Safety Coordinator at 218-722-4745, ext 115 or by email at [cpodtburg@duluthymca.org](mailto:cpodtburg@duluthymca.org)

Individuals who are able to immediately start CPR on victims in cardiac arrest can increase the survival rate of someone by up to 40%. Each minute that treatment is delayed reduces the patient's chances of survival by 10%.

## BENEFITS OF HAVING CERTIFIED STAFF

### Overview

CPR, or cardio-pulmonary resuscitation, is an important skill that everyone should learn. You do not need to be a medical professional to know or use CPR. You never know when you may need this skill to save someone you love or be a hero to a stranger. Take the time to get yourself and your staff certified and enjoy the peace of mind.

### Knowing CPR and First Aid is also:

- Empowering
- Lifesaving
- Morale boosting
- Practical
- Cost effective



**DULUTH AREA FAMILY YMCA**  
302 W 1st ST  
Duluth MN 55802  
218-722-4745  
[duluthymca.org](http://duluthymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COST SAVING LIFESAVING

**Safety Training Courses  
Corporate Rates  
DULUTH AREA FAMILY YMCA**



## SET UP A TRAINING

### Come to the Y for a group training

---

Have a group spread out over several sites? Set up a training at one of our Y locations that is most central to your group.

### Have the Y come to you

---

Interested in the convenience of having our instructors come to your work place to provide training? Most classes can be done on-site at your facility as long as you have a meeting room or classroom type space available. Certain classes might require pool space, and would need to be scheduled accordingly.

All of our equipment is portable and can be brought to your location. Depending on the class, you may be asked to provide some basic AV services.

### How much notice is needed?

---

We prefer to have classes scheduled at least two weeks in advance. More advanced notice is appreciated.

### Do I have to pay in advance for the training?

---

No. Because the fee for most classes is per participant, we will send you an invoice after the completion of the training. You may be asked to sign a contract prior to the class start date which includes business contact information, course information and number of participants along with pricing.

### Is there a discount for non-profit organizations?

---

Yes. Please contact the Y for more information.

### Is there a minimum or maximum number of participants?

---

For most classes, the minimum is 5 participants and the maximum for one instructor is 12. Specialty classes may have different ratios. If you have less than the minimum but still wish to host the class, know that you will be billed for the minimum. If you have more than the maximum number of participants, an additional fee for a second instructor may be charged.

**Don't see what you are looking for?  
Other classes may be available!  
Contact Cheryl Podtburg by email at  
cpodtburg@duluthymca.org or by  
phone at 218-722-4745, ext 115.**

## BASIC SAFETY PRESENTATIONS

### Looking for a simple presentation that doesn't involve a certification?

---

A 45 minute safety presentation can be scheduled for \$50. There is no participant minimum or maximum, and can be tailored to fit your needs.

Drowning is Silent

Rip Current Safety

Cold Kills

Stand Up Paddleboard Demo\*

Beach Safety

Custom presentation\*

*\*additional charge*

## COMMONLY OFFERED CLASSES

Prices listed are for off-site corporate price, and are subject to change. Review courses also available.

### ASHI COURSES

---

Adult CPR/AED \$40

Child & Infant CPR/AED \$50

Adult, Child & Infant CPR/AED \$60

Basic First Aid \$30

CPR/AED & First Aid \$80

CPR/AED– Professional Rescuer \$80

Bloodborne Pathogens \$25

Child and Baby Sitting Safety \$75

Administering Emergency Oxygen \$25

### AMERICAN RED CROSS COURSES

---

Basic Lifeguarding \$250

Shallow Water Lifeguarding \$225

Waterfront Lifeguarding Addendum \$125

Jr. Lifeguarding \$130

CPR/AED– Professional Rescuer \$100

Wilderness First Aid \* pre-req: CPR-Pro \$125

Wilderness First Aid /CPR Pro \$175

BLS for Health Care Providers \$100

Paddlecraft Safety \$150

Basic Water Rescue \$60