



Safe Families AmeriCorps/Illinois Disaster Corps 2018-2019 Course List

AmeriCorps members make our communities safer, stronger, healthier, and improve the lives of tens of millions of our most vulnerable citizens. In partnership with the Serve IL Volunteer Commission and the Corporation for National Community Service AmeriCorps members provide disaster preparedness, health, safety and youth programs in targeted Illinois communities. All program instruction is **free of charge**.

YOUTH & STUDENT FOCUSED PROGRAMS

First Aid for Little People

Grades K-5, Length: 30 minutes

Teaches children basic first aid and safety skills including how to get help, how to stay calm in an emergency, what to do in case of a fire, and how to control bleeding.

Kid Fire Safety

Grades K-5, Length: 30 – 45 minutes

Fire safety education for students is vitally important. Students learn about fire prevention and preparedness, including what fires are and why they happen, what to do in case of a fire, how to develop an emergency action plan, and first aid for burns.

Scrubby Bear

Grades K-2, Length: 20-30 minutes

Using games and stories, children learn the importance of hand washing, proper ways of covering their mouth when they sneeze or cough, and other ways to prevent the spread of germs and diseases.

W.H.A.L.E. Tales (Water Habits Are Learned Early)

Grades K-5, Length: 20-30 minutes

Basic lessons include: swim with a buddy in a supervised area; be cool, follow the rule – the reasons behind water safety rules; look before you leap – choose safe places to swim and dive; reach or throw, don't go – safe ways to rescue a swimmer in trouble; and don't just pack it, wear your jacket.

The Pillowcase Project

Grades 3-5, Length: 40-60 minutes

The Pillowcase Project seeks to create a generation of children who are empowered to make themselves and their homes more prepared for emergencies. Different modules on specific types of emergencies are presented, and all children receive a workbook and Pillowcase that serves as their very own emergency kit.

Masters of Disaster

Grades 6-8, 30-60 minutes

This course covers various topics that address specific types of disaster, what to do before, during and after, and in different places: in the community, at school, and at home.

Prepare with Pedro (NEW!)

Grades K-2, Length: 30 minutes

OFFERED WHILE SUPPLIES LAST. Using the power of storytelling, fun activities, and the class' mascot Pedro the Penguin, this class teaches K-2 children how to be more prepared for fires, and how to escape in the event of a home fire.

CPR AND FIRST AID TRAINING OPTIONS

CPR for High School Students

High School Students, Length: 2 hours (two 1-hour sessions)

Meant to accommodate school schedules and meet the requirements of CPR training for HS students, this course teaches how to recognize cardiac emergencies and take action. Students learn information on how to use an AED and perform hands-only CPR. **No certification**

Hands-Only Citizen CPR

Adults, Length: 30 minutes

Citizen CPR is designed to teach untrained bystanders when and how to perform hands-only CPR after witnessing the sudden collapse of an adult. **No certification**

First Aid and CPR Certification

Adults Length: 3 hours – 6 hours

The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. **Two-year certification.**

EMERGENCY PREPAREDNESS TRAINING

Be Red Cross Ready (Disaster Preparedness Education)

Adults, Length: 45 – 60 minutes

Be Red Cross Ready is a modular class that teaches adults how to plan for the specific disaster that may strike in their communities, such as fires, floods, tornadoes, winter storms, and other emergencies.

Fire Prevention Workshops

Adults, Length: 1 - 2 hours

Workshops include hands-on fire prevention activities to reduce hazards in the home, identify fire safety equipment, learn emergency recognition steps and plan for the possibility of a fire.

Community Safety Days

Adults, Length: 1.5 - 2 hours

This free program prepares individuals for both natural disasters (tornadoes, floods, etc.) and medical emergencies (choking, seizures, burns, etc.). Our goal is to help protect families by giving them the tools to be ready for any disaster that may come their way. **ALL PARTICIPANTS WILL ENTER A RAFFLE FOR FREE FIRST AID KITS!**