If a bystander provides 
CPR and uses an AED to treat 
the victim before EMS arrives, 
survival rates can increase 
from 8% to 60%.

EQUIP YOUR EMPLOYEES 
WITH THE POWER TO 
SAVE A LIFE.

Philips HeartStart Defibrillators allow your 
employees to treat sudden cardiac arrest by 
delivering a shock quickly and effectively. Using 
an AED within 3-4 minutes can lead to a 60% 
 survival rate.***

Philips HeartStart Onsite Defibrillator 
Perfect for an office setting, this AED is designed 
to be the easiest to set up and use.

Philips HeartStart FRx Defibrillator 
Setup for off-site locations, the 
FRx is ideal for treating victims 
in conditions too demanding 
for many other defibrillators.

To purchase an 
AED, or learn 
more, go to 
ndsc.org/firstaid/products 
or call (800) 932-8890.

***Based on OSHA Fundamentals of a Workplace First-Aid 
Program, Best Practices Guide.

OSHA 
REGULATION HIGHLIGHTS

OSHA First Aid 
Standard 29 CFR 1910.151
In the absence of an infirmary, clinic or hospital in 
close proximity to the workplace, a person or persons 
shall be adequately trained to render first aid.

If an employee is expected to render first aid as 
part of their job duties, the employee is covered 
by the requirements of the OSHA Bloodborne 

THE EMPLOYER SHALL ... 
... provide annual training for each employee with 
occupational exposure in accordance with the 
requirements.

Q: How does OSHA define 
“close proximity”? 
A: Close proximity is defined as 
emergency medical response within 
3-4 minutes.

There are three categories of first aid training 
needed, and all industries fall into one of these 
categories. There are no exceptions based on 
an organization size or industry. However, keep in 
mind that sudden cardiac arrest is a potential 
life-threatening risk at all worksites. Serious 
consideration should be given to establishing a 
CPR/AED program at all worksites.

IF THERE IS: 
• Risk of life-threatening injury, a trained first-aid 
  responder must be present on site 
• Risk of serious injury, a 3-4 minutes EMS 
  response time is required, or trained first-aid 
  responder on staff 
• Unlikely risk of injury, a 15 minute EMS response 
  time is acceptable.
Regardless of the number of locations or employees to be trained, our First Aid training programs ensure you receive consistent, high quality training delivered the way you need it.

QUALITY TRAINING SOLUTIONS

First Aid Quick Guide for reference on more than 50 first aid topics

Refresher DVD to maximize retention

Nationally recognized course completion card

Individual Keychain with Breathing Barrier & Gloves

NDSC Members receive discounted rates on all First Aid training and products.

2 out of 5 companies surveyed do not understand basic OSHA requirements for first aid or CPR.*

As the region’s expert in occupational first aid training, we have the tools you need to keep your employees alive and well.

With NDSC Training Programs, you will
- Meet OSHA compliance requirements
- Get the most in-depth, comprehensive training available
- Protect the lives and health of your employees
- Get quality training delivered the way you need it.
- Get the best value and affordable pricing

Every $1 invested in First Aid training wellness programs can reduce health care costs by $3.84 and lower absenteeism costs by $5.82.**

25% of ER visits nationally could be avoided if people knew basic First Aid.**

With NDSC Training Programs, you will

INSTRUCTOR TRAINING

Become a First Aid/CPR Instructor and train your own employees! If you’re already teaching with another provider’s program, you may be eligible to begin teaching NSC Courses right away. Ask about our Grandfather Program.

ONLINE TRAINING

CPR/AED/First Aid - Online
This flexible and affordable training option provides in-depth training in about five hours - a perfect refresher option that includes an in-person skillscheck.

Bloodborne & Airborne Pathogens Online
The ideal training option for employees with reasonable risk of occupational exposure to blood or other potentially infectious material. And it can be completed in less than 2 hours!

CLASSROOM TRAINING

Classroom training provides the ideal atmosphere for learning new skills and retaining them with hands-on practice. Enroll your employees in one of our instructor-led public or private courses.
- First Aid
- CPR/AED
- CPR/AED/First Aid
- Pediatric First Aid
- Pediatric CPR/AED/First Aid
- Bloodborne & Airborne Pathogens

NDSC FIRST AID TRAINING - the best value at the right price.

All students receive free materials, including:

Contact us today to learn more.

Public and private courses available. For more information, to register, or schedule a private training, go to www.ndsc.org or call (800) 932-8890

DID YOU KNOW?

NDSC Members receive discounted rates on all First Aid training and products.

*Based on a National Safety Council survey among companies currently purchasing first aid and/or CPR training.
**According to the National Safety Council.