## **Guidelines for using FirstAidWeb Inc. Online Training**

The California Organized Camp Regulations (California Code of Regulations, Title 17, Section 30751) requires adult volunteers at camp to be "trained in principles of first aid and cardiopulmonary resuscitation." One method of accomplishing this training is to complete an online course using the directions below. This training needs to be completed before camp begins. You should be able to complete the entire process in less than an hour.

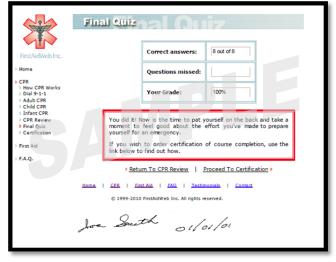
Please go to the following website: <a href="http://www.firstaidweb.com">http://www.firstaidweb.com</a>
Start with the CPR Course first. Click on this icon:



At the end of each section is quiz. This will help you gauge how you are doing. After completing the three CPR sections (adult, child, infant) a final quiz of 8 questions is presented and after supplying your answers click on "Get Grade".

## Your score MUST be 87.5% or higher in order to pass.

Please print the CPR quiz results page, sign it, date it and return it to your local 4-H office or Camp Director. (See example bellow)



FirstAidWeb Inc.

> Home

> CPR

> How CPR Works

Dial 9-1-1

> Adult CPR

Child CPR

Infant CPR

CPR Review

> Final Quiz

Certification

> First Aid

(Do Not Click on "Proceed to Certification"

There is no requirement to purchase the certificate)



Next, proceed to complete the First Aid training. Look on the left of the screen or at the bottom for a link labeled "First Aid".

> First Aid

- Bite wounds
- Bruises
- > Burns
- Choking
- Cuts & Scrapes
- Electric Shock
- > Fractures
- > Head Injury
- Nosebleed
- > Puncture Wounds
- > Final Quiz
- Certification

After reviewing the ten subtopics on the left (See graphic) take the final quiz of 20 questions and click on "Get Grade".

Your score MUST be 90% or higher in order to pass.

Please print the First Aid quiz results page and sign it, date it and return it to your local 4-H office or Camp Director.

(Do Not Click on "Proceed to Certification"

There is no requirement to purchase the certificate)

If you have any questions, contact the ANR EH&S at:

http://safety.ucanr.org

or

tabenzing@ucdavis.edu