

CONTRA COSTA COUNTY

In-Home Supportive Services  
Public Authority

500 Ellinwood Way, Suite 110  
Pleasant Hill, CA 94523  
Telephone: 925-363-6690  
Toll Free No.: 800-333-1081



**CPR & Basic First Aid Training**

**TRAINING FOR CURRENT CONTRA COSTA COUNTY IHSS CARE PROVIDERS**

The CPR course teaches providers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for responsive adult victims. Students also learn to recognize the warning signs of heart attack and stroke in adults. Providers can expect to be trained in Adult First Aid & CPR.

Training is offered *free of charge* at various locations throughout Contra Costa County.

**Please note the trainings are open to current Contra Costa County IHSS care providers only.**

Please complete ALL areas of the form below and return to the Public Authority. You will receive a confirmation letter in the mail with the date, time and location of the next available training. If you have any questions, please contact the IHSS Public Authority at 1-800-333-1081.

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**Please return this slip to IHSS Public Authority 500 Ellinwood Way Ste 110, Pleasant Hill, CA 94523**

I want to attend CPR training in:

Pleasant Hill

Antioch

Richmond

English \_\_\_\_\_

Spanish \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Provider #: \_\_\_\_\_

(Found on your paycheck stub)

**Please print clearly**