

Emergency Preparedness Training

Sadly, in our world today, violence has become all too common. Yet, for all of its prevalence and subsequent publicity, few organizations ready themselves to face this threat. Schools, warehouses, business offices, swim clubs, places of worship and community centers all share one thing in common: vulnerability to intrusion and violence. Tragically, some merely react to the sudden threat with little or no preparedness, relying on last minute recourses at a time when the rush of fear and emotion cloud clear thinking... Others prepare.

With nearly 30 years in law enforcement, crime prevention, tactical police field and management experience, our team is able to provide such preparedness, bringing realistic instruction and simulation to your place of worship, school, business office or warehouse, in a logical and efficient manner and, most importantly, before it is needed.

Crime Prevention Training:

(Course Length: 1-2 hours)

- + Develop a safety plan, unique for each business that reduces the probability of being selected as a target.
- + Identify effective ways to secure attention and help when accosted.
- + Identify locations and situations that put safety at risk.
- + Identify the one location that participants should never go under any circumstance as well as actions to take to avoid that location.

The CPT program will equip participants with an understanding of how to plan in advance, how to efficiently solicit expedited assistance, how to protect oneself as well as others while awaiting and how to avoid falling victim to one's own fear and emotions. These programs can be tailored to all audiences from high school students to corporate business offices to senior citizen groups.

These responses have been endorsed by the Department of Homeland Security, National Tactical Officers Assoc., The National Retail Federation and Retail Industry Leaders Assoc. (RICA).

Active Shooter Training:

(Course Length: 2 hours)

- + Identify signs of potential violence in advance of a tragedy.
- + Identify and implement effective responses when an active shooter is in the vicinity.
- + Identify how to respond and coordinate when law enforcement arrives on the scene.
- + Practice simulation scenarios, including realistic training, involving active shooters in your location in order to minimize panic and confusion.

Professional Instruction Experience/Qualifications:

- + 25 + years retired Maryland area police
 - Shift Commander
 - Tactical Supervisor
 - Firearms and Defensive Tactics Instructor
 - Field Training Officer
- + Certified Firearms Instructor & Defensive Tactics Instructor
- + Certified ALICE Program Instructor
- + Military Police Officer



Defibrillator Implementation

So, you have obtained CPR/AED training? Awesome! If you are lucky, you walk past your defibrillator (AED) cabinet each day. But, who checks it? Just like a lawnmower, these need to be maintained. Monthly inspections and maintenance must be done. In many cases, there is no working lifesaving AED available. All of your training is useless if the AED is not in working order and readily available.

Heart To Beat takes great pride in ensuring that not only lifesaving training is delivered but we also specialize in Maryland State AED implementation. We help your home, office, warehouse, swim club or church choose the appropriate unit to fit your budget, then provide everything needed to meet State Compliance, assist with state registration and cabinet wall mounting in compliance with ADA requirements. Our team manages your entire AED program, from its inception forward. We monitor electrodes, batteries and all AED parts to ensure that they are ready for use at all times. Pair a state compliant defibrillator with our hands-on training and you will truly be prepared to save a life!



“ A Testimonial From Under Armour Performance Centers:

“Heart to Beat is awesome! I hired them a few months ago to come to Under Armour Performance Center to recertify a number of my team who were close to expiring their CPR/AED certification. Scott came out to run the class and was great! He is very knowledgeable, and you can tell his experience in this field is unparalleled! He has helped update our AED we have on site and make sure we are up to code. He simplified the process more than I could have asked for. Big thank you to Heart to Beat! I will be using them again, that is for sure...”

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-Jake G.
Manager
Under Armour Performance Centers



CPR / AED Training

What happens after you call 911? What do you do next? Nationwide, the average 911 response time is 9-11 minutes. How do you care for that blue, lifeless co-worker, family member or bystander while you are waiting? When seconds count, our training steps up! Heart To Beat's CPR/AED course utilizes state-of-the-art training equipment paired with expert instruction from certified and experienced healthcare professionals to bring lifelike training to your fingertips. Whether learning how to assess a patient, provide CPR compressions or operate a defibrillator, our knowledgeable team of instructors is there to help... so you can be!

Courses Offered:

Course Length: 2-3 hours (varied by course)

American Heart Association

- + Heartsaver CPR/AED (lay responder)
- + BLS Provider (healthcare provider)
- + Advanced Cardiac Life Support

American Safety and Health Institute

- + Bystander CPR/AED (lay responder)
- + BLS Provider (healthcare provider)

American Red Cross

- + CPR/AED for non-healthcare providers
- + CPR/AED for Healthcare Providers



A Testimonial From Roland Park County School:

"I was really impressed with Heart to Beat. They were on time, organized, attentive, clear, and provided a comprehensive, hands-on program for all our employees. Scott was incredibly knowledgeable and a natural teacher. He simplified without losing sight of important details. He provided anecdotes and personal stories that helped contextualize life-saving information. The hands-on experience helped commit processes to memory. I feel much more confident knowing that the faculty and staff at Roland Park Country School are trained by Heart to Beat. I especially appreciated that their work focused not just on adults, but infants and children as well."

-Caroline B.
Head of School
Roland Park Country School



First Aid Training

CPR/AED training is critically important. Most responsible people agree with this and get certified in CPR. But, what about first aid? Sadly, most do not. While CPR addresses the worst case scenario, First Aid does not. However, when left untreated, a simple asthma attack can turn from trouble breathing, to no breathing, to no pulse to cardiac arrest. Heart To Beat First Aid courses cover a wide range of topics from Heart Attack to stroke to allergic reaction to bleeding control, as well as others. Courses utilize lecture, video and an essential amount of hands-on practice. Courses include individual skill practice and scenario-based training.

Certifications Offered:

Course Length: Approximately 3 hours

American Heart Association

- + Heartsaver First Aid

American Safety and Health Institute

- + Bystander First Aid

American Red Cross

- + First Aid (non-healthcare provider)



A Testimonial From Athletic Learning Center:

"Our staff participated in a terrific training with Heart to Beat today! The team was friendly, thorough, and informative, and he explained everything very clearly (to our 10-person group, ages 16-70) with ample time to practice the skills. We would highly recommend Heart to Beat to anyone looking to get CPR/AED/First Aid certification, for personal or business reasons!"

-Courtenay S.

Owner
Athletic Learning Center



Stop The Bleed Training

Course Length: Approximately 1.5-2 hours

When bleeding is a factor, seconds are critical. With an exponential increase in violence throughout the nation, this course teaches recognition and techniques to prevent life-threatening bleeding. From tourniquet application to wound packing, this course teaches each participant how to prevent a victim from bleeding out. From gun shot wounds to a deep laceration from a chain saw, you can learn how to make a difference and be the factor that turns a tragedy or a potential tragedy into a rescue and recovery.



This course includes actual hands-on practice on bleeding simulators. Real-life practice will prepare you to leave your fear behind and step up to assist a victim.



Advanced Cardiac Life Support

ACLS is designed for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest and other cardiovascular emergencies. The course is intended to enhance the skills of personnel who already possess BLS certification and are familiar with EKG interpretation and ACLS related pharmacology, such as those in emergency response, emergency medicine, intensive care and critical care units. The new ACLS algorithm has been simplified and streamlined to emphasize the importance of high-quality CPR and the fact that ACLS actions should be organized around uninterrupted periods of CPR.

Heart To Beat is proud to offer Initial and Refresher ACLS courses at your location seven days a week. Professional instruction from our seasoned instructors allows your team to learn and polish their lifesaving skills together, with the same team that they will be expected to respond with, all at the convenience of your office or location of choice!

Courses Offered:

American Heart Association

- + Advanced Cardiac Life Support Initial Course (2 Days)
- + Advanced Cardiac Life Support Refresher Course (1 Day)
- + Blended online learning options and BLS Provider recertification available to meet your busy schedule!

