
Directions to K&R Training:

From South take Everett Turnpike N toward Manchester. Take exit to Rt-101W

From North take 293 S to exit Rt-101W

From East take 93 N toward Manchester. Exit Left onto I-293 N. Continue on Rt-101W

From Rt-101 W take Kilton Rd exit onto RT-3 S (South River Road). Turn Right on Back River Rd (at Dunkin Donuts). Take immediate Right on to St. Andrews Drive. K&R Training is located last condo on right

K&R Training
47 St. Andrews Drive
Bedford, NH 03110

Registration: (603) 606-1944

Cost:

Contact:

Regie Messamore
r.messamore@comcast.net

K&R Training

Instructor – Regie Messamore

Regie Messamore worked as an EMT for many years as a volunteer on the Stow, MA Fire Department ambulance. She transformed her ambulance experience into a career as an EMT Instructor for StarFire Emergency Medical Service. She is certified as a Hazmat Technician (Hazardous Materials). For many years she has worked as an EMT Examiner for the Massachusetts State Emergency Medical Service



K&R Training



Health Care courses offered:

- **Basic Life Support for Professionals**
- **CPR for Family & Friends**
- **First Aid for Family & Friends**

Basic Life Support

Basic Life Support (BLS) is a basic skill in which all healthcare professionals must be proficient. K&R Training provides initial and re-certification training for EMTs, Paramedics, Nurses, and Doctor and Dentist's office staffs.

The curriculum covers the following core material:

- CPR Basics for Adults
- One Rescuer Adult CPR Sequence
- Child CPR
- Bag-Mask Technique and Rescue Breathing
- Two Rescuer CPR Sequence
- Advanced Airway Considerations
- Automated External Defibrillator
- CPR Basics for Infants
- One Rescuer Infant CPR Sequence
- Infant Bag-Mask Technique and Rescue Breathing
- Two Rescuer Infant CPR Sequence
- Relief of Choking in Infants
- Victim and Rescuer Safety
- The Chain of Survival
- Life Threatening Emergencies

CPR for Family & Friends

CPR is a basic skill which every adult needs as hedge against sudden family emergencies. K&R Training provides

The curriculum covers the following core material:

- CPR Basics for Adults
- Stroke
- Heart Disease



First Aid for Family & Friends

First Aid is a basic skill which every adult needs as hedge against sudden family emergencies. K&R Training provides

The curriculum covers the following core material:

- Dealing with Children of Different Ages and Child Safety
- First Aid Basics
 - Being Ready
 - General Principles of first Aid
 - Safety
 - Checking for Injuries and Illness
 - Rescue Breathing for Infants
- Medical Emergencies
 - Breathing Problems
 - Seizures
 - Shock
- Injury Emergencies
 - Bleeding You Can See
 - Bleeding You can't see
 - Head Injuries
 - Broken Bones, Sprains, and Bruises
 - Burns and Electrocutation
 - Eye Injuries
- Environmental Emergencies
 - Bites and Stings
 - Poison Emergencies

