

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life.

About Us

Optimum Health and Safety (“OHS”) understands that the keys to successful education are the ability of the instructor to adapt to individual learning styles, students’ motivation to learn, and an overall enjoyable experience.

Studies show that learning and retention directly relate to pleasurable and multi-sensory experiences. Our programs include visual and auditory components in combination with hands-on interactive activities. All courses comply with the latest science based guidelines and on the concept that one size does not fit all. The training is designed to instill adaptive and sustainable behavioral changes.

Elliot Carp, founder, brings over 35 years’ experience in corporate management and training.

OHS provides onsite training anywhere in the New York City metro area. Group and private class appointments are available for home or office with flexible hours. Certification is offered through the American Safety and Health Institute, National Safety Council, and American Red Cross.

Courses

CPR/AED

Learn the lifesaving skills necessary to help resuscitate unconscious children and adults. This hands-on skills training prepares individuals to respond to breathing and cardiac emergencies. It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

The class is offered for Adult & Pediatric (Child & Infant) CPR/AED, or Pediatric CPR/AED.

First Aid

The purpose of this course is to help participants identify and eliminate potentially hazardous conditions in their environment, recognize emergencies and make appropriate decisions for first aid care. It teaches skills that participants need to know in order to provide immediate care of a suddenly ill or injured person until more advanced medical care arrives. This course will help students recognize and deal confidently and effectively with emergencies/injuries and sudden illnesses. Participants will learn proper techniques for recognizing and minimizing shock in emergency situations, caring for wounds, bone and soft-tissue injuries, head and spinal injuries, burns, heat and cold-related emergencies, stroke, seizure, bites and poisoning. Skills are developed through instruction, interactive video demonstrations, and hands-on training

Bloodborne Pathogens – Preventing Disease Transmission

This program includes information that will help students understand what bloodborne pathogens are and how risks of exposure can be reduced for themselves and others. The program assists in satisfying the training requirements of the U.S Department of Labor, OSHA Bloodborne Pathogens Standard (29 CFR 1920.1030).

Certification Period: One year

Federal OSHA regulations require that bloodborne pathogens training be provided to employees with occupational exposure at least annually.

Child & Babysitting Safety (CABS)

The Child and Babysitting Safety training program is designed to focus on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants.

Designed for Tweens and Teens (ages 11 to about 16) the CABS program can prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform common first aid, and begin babysitting safely and competently. Participants will receive a course participation card and student booklet.

Intended Audience

Young people (11 to 16 years old) who are interested in providing babysitting services

Parents considering hiring a babysitter