



Health & Safety Training

For Child Care Providers

Handout #4

Healthy Children, Strong Families, Caring Communities

Overview of Health & Safety Training

California law requires providers in child care centers and family child care homes to complete 15 hours of training about health and safety. The training includes Pediatric First Aid, Pediatric Cardiopulmonary Resuscitation (CPR) and Preventive Health Practices. The Preventive Health Practices portion of the training must include information about infectious diseases (including immunizations), preventing childhood injuries, caring for children with special needs and identification and reporting of child abuse. It may also include child nutrition, sanitary food handling, emergency preparedness and evacuation information.

Providers must be trained by one of the following: 1) a training program approved by the State Emergency Medical Services Authority (EMSA); 2) The American Red Cross; 3) The American Heart Association; or 4) A course or training program offered or approved by an accredited college or university. Providers must renew their certification as shown on the course completion card or certificate.

Training Requirements

At least one director or teacher at each center must complete the 15 hours of training (this includes a co-licensee who only provides care for a few hours a week). If a licensee with the full 15 hours of training is absent at any time when children are onsite or offsite for facility activities, at least one person with current certification in Pediatric First Aid and CPR must be present.

Providers must mail copies of course completion cards, training certificates and/or transcripts to the licensing office and keep a copy on file at their center or child care home. Licensing staff will check these documents, including expiration dates, at the time of a site visit.

Licensees must complete the training to keep their licenses and maintain records of current certification. Licensee applicants must complete the training to become licensed. If an applicant has completed everything else but the training, Family Child Care Licensing will issue a 90-day provisional license and that cannot be extended if the training is not completed within 90 days.



This information was supplied by the California Department of Social Services, River City Child Care Licensing Division (Child Care Centers). For more information, call River City Child Care Licensing at 916/229-4530 or Sacramento Family Child Care Licensing at 916/875-2808. You may also call the Emergency Medical Services Authority at 916/322-4336 or visit www.emsa.ca.gov.

Resources for Health & Safety Training

This handout contains a list of approved health and safety training resources. Ask about fees, any refund policies, and training confirmation notices. You should receive an approved certificate upon completion that includes the number of hours attended. Some courses may charge additional fees for the EMSA stickers or for books and other materials. All telephone numbers listed are in the 916 area code.

Recertification

As long as you are licensed, you must keep your Infant/Child CPR and Pediatric First Aid certification current. Check your cards for expiration dates. You are not required to renew or repeat the Preventive Health Practices section.

The California Child Care Course

This course meets all the requirements for Licensing.

There are three sections:

- 1) Infant/Child CPR
- 2) Pediatric First Aid (or Infant/Child First Aid)
- 3) Preventive Health Practices, including Immunizations and Prevention of Childhood Injuries.

American Red Cross

368-3130 15+ hour course

Carmichael Recreation & Park District

485-5322 15-hour course

Emergency Instruction Institute 3

927-2233 15-hour course

Have A Heart

641-0372 15-hour course

Training available in English and Spanish

Pediatric First Aid

Air Heart

971-3485 4-hour course

American Red Cross

368-3130 4-hour course

Have a Heart

641-0372 4-hour course

Training available in English and Spanish

Infant/Child/Adult CPR & Pediatric First Aid Combined Course

Air Heart

971-3485 8-hour course

Carmichael Recreation & Park District

485-5322 8-hour course

Emergency Instruction Institute 3

927-2233 8-hour course

Have a Heart

641-0372 4-hour course

Training available in English and Spanish

Orangevale Recreation & Park District

988-4373 8-hour course

Rescue Training Institute (2-year certificate)

939-2277 8-hour course

Preventive Health Practices

Air Heart

971-3485 7-hour course

American Red Cross

368-3130 7-hour course

Los Rios Community Colleges

ECE410 "Health and Safety in Child Care Settings" (1 unit) meets the health and safety requirements.

Contact the numbers below for course schedules and registration requirements.

American River College 484-8011

Cosumnes River College 691-7410

Sacramento City College 558-2111

18-Hour Course

Carmichael Recreation & Park District

485-5322 7.5-hour course

Emergency Instruction Institute 3

927-2233 7.5-hour course

Have A Heart

641-0372 7-hour course

Training available in English and Spanish

Additional Trainings Offered

Babysitters Training

American Red Cross

368-3130 8-hour course

Pet First Aid

American Red Cross

368-3130 4-hour course

NOTE: There may be a waiting list for health and safety training courses. Be sure to register early. Request a notice of confirmation to show proof of registration to licensing.

Scholarships for Health & Safety Training

Child Action, Inc. is authorized to provide scholarships for Sacramento County child care center staff, family child care providers, license-exempt child care providers, and in-home providers towards the cost of authorized health and safety training. To be eligible, you must provide proof of purchase AND copies of training cards. Training must also meet the mandated course curriculum requirements. Reimbursements are contingent upon the availability of funds and are allocated on a first come, first served basis. For more information about this program, please contact Carolyn Elder at carolyn.elder@childaction.org or 916/369-3317.