

# COVID-19 Course Information for First Responders

## TargetSolutions Courses

We have partnered with [TargetSolutions](#) to deliver web-based training programs on a wide range of topics including ones geared towards First Responders. The following are those relating to the COVID-19 crisis.

1. Micro-Course series (complimentary) – These courses are for all employee classifications and cover COVID-19 basics:

Coronavirus 101: What You Need to Know  
Coronavirus 102: Preparing Your Household  
Coronavirus 103: Managing Stress and Anxiety  
Coronavirus 104: Transitioning to a Remote Workforce  
Coronavirus 105: Cleaning & Disinfecting Common Spaces  
Coronavirus 106: CDC Guidelines for Making & Using Cloth Face Coverings

2. There are 10 Fire/EMS courses now available in our law enforcement premium catalog (There is a fee for access to the premium Fire/EMS and Law Enforcement catalogs):
  - **Respiratory Protection:** provides basic information on the selection, use and maintenance of respiratory protective devices for safe and effective use.
  - **EMS Health & Wellness:** introduces basic concepts of health and wellness to help ensure you have the ability to do your job safely and efficiently in stressful situations while also improving your quality of life and overall wellness.
  - **EMS Mechanics of Breathing:** explains the respiratory system and how O<sub>2</sub>, CO<sub>2</sub>, and other respiratory measurements should be assessed to determine the point in the respiratory cycle an individual may be breaking down and intervention strategies.
  - **EMS Protecting Yourself from Influenza:** explains the varied viral mediums that cause influenza, how it's transmitted and how to protect oneself as an emergency responder.
  - **EMS Respiratory Emergencies Basic:** explains the critical importance of having a clear working knowledge of respiratory emergencies and how rapid intervention can increase a patient's chances of survival.
  - **Personal Protective Equipment:** describes the different types and treatment of PPE to shield individuals from chemical, physical and biological hazards that may be encountered.
  - **Workplace Stress:** highlights common sources of stress, as well as methods of dealing with and reducing stress in your daily life to optimize productivity and protect the health of employees.
  - **Aerosol Transmissible Diseases:** explains Aerosol Transmissible Diseases (ATDs) and how these diseases can be transmitted. This course was written by Cal/OSHA as a direct result of the experiences involving Severe Acute Respiratory Syndrome (SARS), Avian Influenza, and the Novel Influenza H1N1.

- **Emergency Preparedness & Response:** familiarizes viewers with basic emergency response practices that will help them prepare for and respond to a crisis.
- **Smart Workplaces: Preparing for a Pandemic Flu Outbreak:** covers CDC and OSHA guidelines to help business and HR professionals assemble a pandemic influenza response plan.

## Other First Responder Resources

[IACP Law Enforcement Information on COVID-19](#): The International Association of Chiefs of Police (IACP) has put together a resource page that is constantly being updated with new information.

[CDC Guidance for First Responders and Law Enforcement](#)

[CDC Interim Guidance on Management of Coronavirus \(COVID-19\) in Correction and Detention Facilities](#)