

**Division of Senior and Disabilities Services (SDS)**  
**Training Requirements for CPR and First Aid for Personal Care Assistants**

Revised Program Memo October 28, 2008  
(updates Program Memo of January 12, 2007)

Personal Care Assistance Regulations in 7 ACC 43.770 require all Personal Care Assistants be certified in First Aid and CPR follows:

- (g) **On or after February 1, 2007, a personal care assistant employed by a consumer-directed agency must provide proof to the employing agency of having and maintaining a valid certificate in**
- (1) first aid issued by the American Red Cross, American Heart Association, or other agency approved by the department; and**
  - (2) cardiopulmonary resuscitation (CPR) issued by the American Red Cross, American Heart Association, or other agency approved by the department.**
- (h) **The department may waive, for up to six months, the first aid or CPR requirements of [7 AAC 43.771\(a\)](#) and, on or after February 1, 2007, the first aid or CPR requirements of (g) of this section, if a personal care assistant is unable to attend the first aid or CPR courses, or obtain the first aid or CPR certificates due to reasonable cause or excusable neglect. The personal care assistant must request a waiver in writing, to the department, and must include a statement explaining the reasonable cause or excusable neglect. If the department grants a waiver, the department may prescribe an alternative method of compliance with the requirements.**

In Section (g) above the Department has approved courses that meet the requirements of either first aid (FA) or cardiopulmonary resuscitation (CPR). See the attached page for the most updated approved course list. Some programs' courses and certification cover both FA and CPR. The employee must hold current certification in both first aid and cardiopulmonary resuscitation.

In Section (h) above, a new employee must be currently certified at the time of hire or at the latest, within 30 days of their hire date. The personal care agency does not need to submit a request to waive the requirement unless the employee will not be currently certified within the first 30 days of employment.

For ongoing employees, a waiver must be submitted to DSDS **prior** to the expiration of the employee's certification if they are unable to recertify their CPR or FA training before the expiration date.

Services provided on or after February 1, 2007 are not reimbursable by Medicaid if services were provided by an employee who does not meet the training requirements and who has not received a training waiver.

The "**Request for Waiver of First Aid and CPR Training for Personal Care Assistance Staff**" form may be submitted to DSDS Quality Assurance via email [hss.dsdsqa@alaska.gov](mailto:hss.dsdsqa@alaska.gov) or fax 907 269-3690. The form is available on the DSDS PCA website. If you have questions, please contact DSDS Quality Assurance at [hss.dsdsqa@alaska.gov](mailto:hss.dsdsqa@alaska.gov)

**Courses Acceptable for PCA CPR & FA Training**  
**Updated March 1, 2008**

	<b>CPR</b>	<b>FA</b>
<b>American Red Cross</b>		
Adult CPR/AED with First Aid	X	X
Adult CPR/AED with First Aid PLUS Child and Infant CPR	X	X
First Aid Basics		X
CPR/AED for the Professional Rescuer	X	
<b>American Heart Association</b>		
BLS for Healthcare Providers	X	
Heartsaver CPR	X	
Heartsaver AED	X	
Heartsaver First Aid (including CPR)	X	X
ACLS for Healthcare Providers	X	
<b>American Safety and Health Institute</b>		
CPR and AED for Community and Workplace	X	
Basic First Aid		X
<b>Emergency University</b>		
Adult CPR	X	
Adult & Child/Infant CPR	X	
Pro CPR	X	
CPR & AED	X	
First Aid		X
<b>Medic First Aid</b>		
BasicPlus CPR, AED and First Aid for Adults	X	X
Basic CPR and First Aid for Adults	X	X
PediatricPlus CPR, AED & First Aid for Children, Infants & Adults	X	X
Pediatric CPR and First Aid for Children, Infants & Adults	X	X
Basic Life Support for Professionals	X	
CarePlus CPR and AED for Adults, Children and Infants	X	
<b>National Safety Council</b>		
Standard First Aid, CPR and AED	X	X