



Public Authority for IHSS in Alameda County Online Training Schedule

The Public Authority for IHSS in Alameda County provides FREE training for active IHSS Providers and Recipients

Autoridad Pública de IHSS del Condado de Alameda – Programa de Capacitación en Línea
La Autoridad Pública de IHSS del Condado de Alameda ofrece capacitaciones GRATUITAS para proveedores y beneficiarios activos de IHSS

阿拉米达县IHSS公共管理局在线培训时间表

阿拉米达县IHSS公共管理局为在职的IHSS护理人员和服务接受者提供免费培训

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In person Class Offerings for July to December 2026

Ofertas de clases presenciales de julio a diciembre de 2026:

2026年7月至12月的线下课程安排：

CPR/ First Aid & AED Certification (English)

Instructor: Tina Flores

CPR stands for cardiopulmonary resuscitation. Learn how to prevent, prepare for and respond to emergencies. Participate and receive 2-year certificate for successful completion of the course.

August 3rd (Monday) 9:00am – 1:00pm

September 3rd (Thursday) 9:00am – 1:00pm

November 3rd (Tuesday) 9:00am – 1:00pm

December 2nd (Wednesday) 9:00am – 1:00pm

Certificación en RCP, primeros auxilios y DEA (Spanish)

Instructor: Tina Flores

RCP significa reanimación cardiopulmonar. Aprenda a prevenir, prepararse y responder a emergencias. Participe y reciba un certificado de 2 años por completar satisfactoriamente el curso.

Julio 6 (lunes) 9:00am – 1:00pm (July 6th (Monday)

Agosto 4 (martes) 9:00am – 1:00pm (August 4th (Tuesday)

Diciembre 1 (martes) 9:00am – 1:00pm (December 1st (Tuesday)

CPR/急救和 AED 認證培訓 (Chinese)

CPR 即心肺復蘇術。本課程將教授如何預防、準備並應對緊急突發情況。全程參與並順利完成課程後，可獲得有效期為兩年的認證證書。

Instructor: Above & Beyond CPR Training

7 月 14 日 (星期四) 上午 9:00–下午 1:00 July 14th (Thursday) 9:00am – 1:00pm

9 月 4 日 (星期五) 上午 9:00–下午 1:00 September 4th (Friday) 9:00 am – 1:00 pm

11 月 2 日 (星期一) 上午 9:00–下午 1:00 November 2nd (Monday) 9:00am – 1:00 pm

Safety Lifting & Transfer

Instructor: Tina Flores

Learn proper techniques for safe lifting and transferring to prevent injuries and ensure workplace safety. This class covers body mechanics, equipment use, and best practices for handling loads or assisting individuals safely.

October 1st (Thursday) 9:00am – 12:00pm

Seguridad, Manipular y trasladar cargas (Spanish)

Instructor: Tina Flores

Aprenda las técnicas adecuadas para manipular y trasladar cargas y objetos de manera segura para prevenir lesiones y garantizar la seguridad en el lugar de trabajo. Esta clase cubre la mecánica corporal, el uso de equipos y las mejores prácticas para manipular cargas o ayudar a las personas de manera segura.

Octubre 2 (viernes) 9:00 am – 12:00 pm (October 2nd (Friday))

[CLICK HERE OR USE THE QR CODE BELOW TO REGISTER FOR CLASSES!](#)



Contact us at (510) 577-5694 or PAtraining@acgov.org for any questions.