



Health & Safety Training for Child Care Providers

Quality Child Care Impacts Everything

Requirements and Overview of Health & Safety Trainings

California law* requires providers in child care centers and family child care homes to complete 16 hours of training about health and safety. Training includes Pediatric First Aid and Pediatric Cardiopulmonary Resuscitation (CPR) and Preventive Health and Safety practices. Preventive Health and Safety training includes instruction on infectious illnesses, including immunization requirements, preventing childhood injuries, safe sleep practices, caring for children with special needs, identification and reporting of child abuse, lead poisoning prevention, and childhood nutrition.

- *The 1 hour of nutrition curriculum has been included since January 1, 2016, and lead poisoning prevention curriculum was included as of July 1, 2020. Both are required components of an approved Preventative Health and Safety training.*
- *On and after January 1, 2026, persons shall obtain training in a pediatric first aid or pediatric CPR course that includes instruction in the prevention and treatment of anaphylaxis, including the emergency use of epinephrine auto-injectors.*

At least one director or teacher at each center site and all family child care licensees must complete the required 16 hours of California Child Care training, including family child care co-licensees. If a licensee with the full training is absent any time when children are onsite or offsite for facility activities, at least one additional person with current certification in Pediatric First Aid and CPR must be present. Preventative Health and Safety training is not required for family child care assistants or volunteers.

Providers must submit copies of course completion cards, training certificates, and/or transcripts to the Community Care 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 your site visits. For more information, call Community Care Licensing at (916) 651-6040.

Resources for Health & Safety Training

Child Action does not endorse or recommend any trainer or training companies. Be aware that not all CPR/First Aid trainings will meet requirements set forth by Community Care Licensing. This handout contains a list of approved health and safety training resources. Ask about fees, refund policies, and proof of registration. All trainees will receive an approved certificate upon completion that includes the number of hours attended.

Providers must be certified by one of the following approved training programs:

1. A training program approved by the Emergency Medical Services Authority (EMSA)
2. The American Red Cross
3. The American Heart Association
4. A course or training program offered or approved by an accredited college or university

*California Health and Safety Code, Section 1596.866

California Child Care Preventive Health and Safety Training

Preventative Health and Safety trainings must be taken through an EMSA-approved program. Courses that use a virtual classroom setting that allow for live interaction with the instructor are allowed as outlined by EMSA.

The following agencies provide approved training:

Child Action

www.childaction.org
(916) 369-0191

Available languages: English, Arabic, Farsi, Russian and Spanish.

CPR Education

<https://cprededu.com/courses/phsp/>

Available languages: English

Fahimeh Solhi

Text to register: (650) 281–5698

FSolhi@gmail.com

Available languages: English and Farsi

Florence Amin

(916) 479–0626

Popalzai402@gmail.com

Available languages: Dari and English

Health Connection

www.healthconnectionca.com

(720) 307–7577

Available languages: English

Hopewell Healthcare Services

www.hopewellcpr.com

(916) 246–8055

training@hopewellcpr.com

Available languages: English

For an additional list of all California EMSA approved Preventative Health and Safety Training agencies, please visit: https://emsa.ca.gov/childcare_provider/

California Child Care CPR & First Aid Course

CPR Certification expires every 2 years. All licensed child care centers and family child care must keep certification current.

Courses that use an online virtual classroom setting combined with an in-person skills practice and evaluation are allowed as outlined by EMSA.

The following local agencies provide approved training:

American Red Cross

www.redcross.org

(916) 993–7070

Accepted class focuses:

- “Adult and Pediatric First Aid/CPR/AED-BL”
- “Adult and Pediatric First Aid/CPR/AED”

Accepted course formats:

- “Classroom”
- “Online + Classroom”

A Breath for Life

(916) 284–4345

Available languages: English and Spanish

Fahima Solhi

(650) 281–5698

FSolhi@gmail.com

Available languages: English and Farsi

Florence Amin

(916) 479–0626

Popalzai402@gmail.com

Available languages: Dari and English

Hopewell Healthcare Services

www.hopewellcpr.com

(916) 246–8055

training@hopewellcpr.com

Available languages: English

Accepted class focus:

- “Pediatric First Aid CPR/AED (State of California Childcare/Preschool/Foster Family)”

Laila Mahfouz

(916) 670–3716

Available languages: Arabic and English

Victoria Bondartchouk

(916) 716–0781

Available languages: Russian

For an additional list of all California EMSA approved CPR/First Aid Training agencies, please visit https://emsa.ca.gov/childcare_provider/

Los Rios Community Colleges

ECE 414 “CPR & Pediatric First Aid” and HEED 311 “CPR & Pediatric First Aid” (1.5 units), offered at **American River College**, meet the California Child Care course requirements. Check the college website for course schedules and registration requirements.

www.arc.losrios.edu

Health & Safety Training Rebate

Child Action awards health and safety rebates for child care center staff, family child care providers, family child care assistants, license-exempt child care providers and in-home providers in Sacramento County. Applicants are eligible for one rebate per year within the fiscal year. Rebate amounts may vary from year to year but will not exceed \$150.00, and are contingent on the availability of funds which are allocated on a first come, first served basis. For more information, please contact Child Action at (916) 369–0191.