



## Guide for Aspiring EMS Professionals at ARES

### Introduction

Welcome to your journey toward becoming a professional in Emergency Medical Services (EMS)! At ARES, we offer a structured and comprehensive path for students aspiring to enter this vital and rewarding field. Here's a step-by-step guide to help you navigate through the courses you need to take.

### Step 1: Basic Life Support (BLS) Training and Certification

Before diving into the core EMS programs, you will start with Basic Life Support (BLS) training and certification.

#### What is BLS?

- **Definition:** BLS is a level of medical care used for victims of life-threatening illnesses or injuries until they can be given full medical care at a hospital.
- **Skills Covered:** It includes skills such as CPR (Cardiopulmonary Resuscitation), AED (Automated External Defibrillator) use, and other basic first-aid techniques.
- **Certification:** Upon successful completion, you will receive a BLS certification, which is often a prerequisite for advanced EMS training.

### Step 2: EMT Basic Program

After obtaining your BLS certification, the next step is to enroll in our EMT (Emergency Medical Technician) Basic program.

#### Overview of EMT Basic

- **Objective:** This program equips you with the knowledge and skills needed to provide emergency medical care at a basic life support level.
- **Duration:** The EMT Basic program typically lasts four months and begins every January and July.
- **Clinical Rotations:** Hands-on experience through clinical rotations is a critical component.
- **Certification:** After completion, you must pass the National Registry of EMTs certification exam to become a certified EMT.

### Step 3: Advancing Your Training

Upon successful completion of the EMT Basic program, you can choose to advance your training with either the AEMT (Advanced Emergency Medical Technician) or Paramedic program.

#### Option 1: AEMT Program

- **Scope:** AEMTs have more advanced skills than EMTs but not as many as paramedics.
- **Skills Enhanced:** Intravenous therapy, use of advanced airway devices, and some medication administration.
- **Duration:** The AEMT program is shorter than the paramedic program, roughly the same length of time as EMT, but requires a valid EMT certification as a prerequisite.

#### Option 2: Paramedic Program

- **Scope:** This is the highest level of EMS pre-hospital training.
- **Skills Mastered:** Advanced patient assessment, a wide range of emergency procedures, and extensive pharmacological interventions.
- **Duration:** It is the longest and most comprehensive of the EMS training programs, often taking one to two years to complete.

#### Additional Considerations

- **Continuing Education:** EMS is a dynamic field, and continuous learning is vital. Come back to ARES to receive your continuing education with an Alumni Discount!
- **Networking and Experience:** Engage in networking with professionals and seek opportunities for real-world experience. Consider joining our ARES Connect Discord server to connect with others in the field of Public Safety!