



ProTrainings Guide



What is ProTrainings?



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ProTrainings is the host platform Au Pair USA uses to virtually train our participants in CPR, AED, and First Aid.



Do I make my own account?



Do I make my own account?

No, please do not make your own account in ProTrainings. Au Pair USA will make your account for you using our credits so you do not need to pay for the certificate. Your username is your email address and your password is your au pair ID.



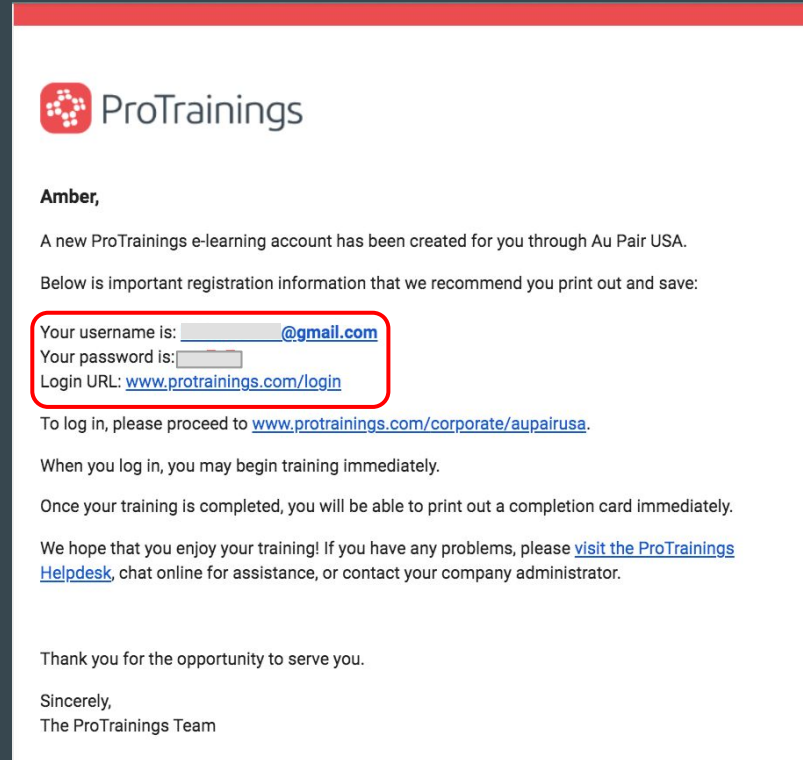
How do I log in to my ProTrainings account?




How do I log in to my ProTrainings account?

You will receive an email from ProTrainings. In the email, you will find your username and password.

To log in for the first time, click the “Login URL” link.

A screenshot of an email notification from ProTrainings. The email is addressed to 'Amber' and informs her that a new e-learning account has been created for her through Au Pair USA. It provides registration information, including a username ending in '@gmail.com', a password, and a login URL: 'www.protrainings.com/login'. The login URL is highlighted with a red box. The email also includes instructions on how to log in and where to go for assistance.

 ProTrainings

Amber,

A new ProTrainings e-learning account has been created for you through Au Pair USA.

Below is important registration information that we recommend you print out and save:

Your username is:
Your password is:
Login URL: www.protrainings.com/login

To log in, please proceed to www.protrainings.com/corporate/aupairusa.

When you log in, you may begin training immediately.

Once your training is completed, you will be able to print out a completion card immediately.

We hope that you enjoy your training! If you have any problems, please [visit the ProTrainings Helpdesk](#), chat online for assistance, or contact your company administrator.

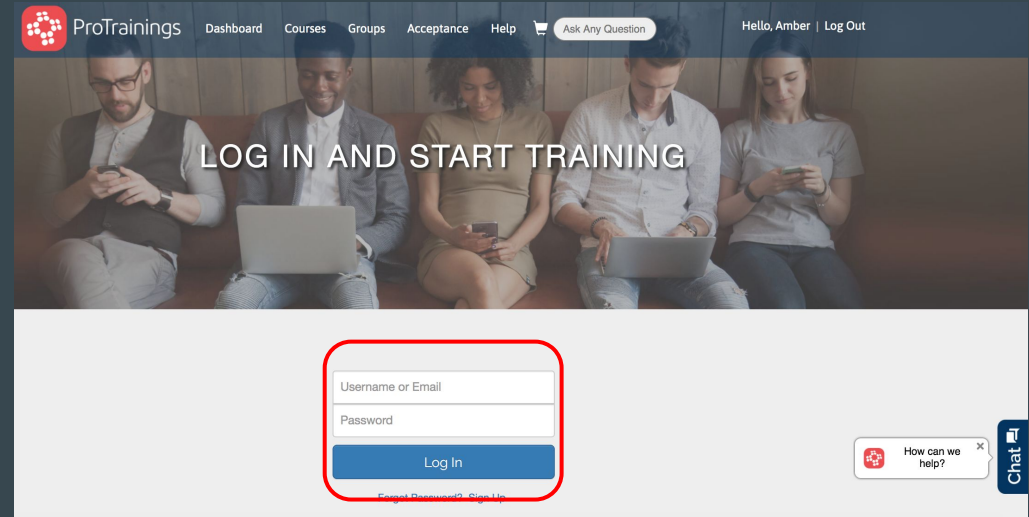
Thank you for the opportunity to serve you.

Sincerely,
The ProTrainings Team



How do I log in to my ProTrainings account?

Type in your username (your email address) and password (your au pair ID).



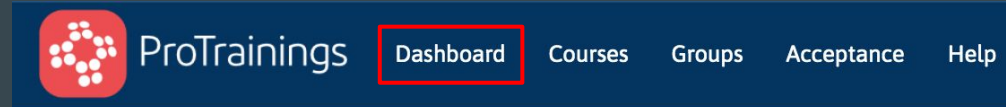


Where can I find my courses?



Where can I find my courses?

In the top menu bar, click on the Dashboard tab.



Once on your dashboard, you will see the class you are currently enrolled in:

- ProFirstAid

ProTrainings Dashboard Courses Groups Acceptance Help Ask Any Question Español Hello Log Out

DASHBOARD Training Dashboard

YOUR COURSES

ProFirstAid AU PAIR USA BY INTERCHANGE Adult, Child and Infant, Pediatric CPR/AED, First Aid

STEP 1 Training 0% complete Not Started Next Step START TRAINING

STEP 2 Online Test

STEP 3 Checkout

Prepaid

You can change the language to Spanish for text only.

Make sure it says "Prepaid".



How do I start my training?



How do I start my training?

From the Dashboard, you can select “Start Training” for the ProFirstAid course.

The screenshot displays the ProTrainings dashboard. At the top, there is a navigation bar with the ProTrainings logo and links for Dashboard, Courses, Groups, Acceptance, Help, and a search bar labeled 'Ask Any Question'. There are also links for 'Español', 'Hello, Karla', and 'Log Out'. Below the navigation bar, the 'YOUR COURSES' section is visible. The main course is 'ProFirstAid AU PAIR USA BY INTEREXCHANGE', which is described as 'Adult, Child and Infant, Pediatric CPR/AED & First Aid'. The course progress is shown in three steps: STEP 1 Training (0% complete), STEP 2 Online Test (Not Started), and STEP 3 Checkout. A 'Next Step' label is positioned below the first step, with a blue button labeled 'START TRAINING' circled in red. A red arrow points from the right towards this button.



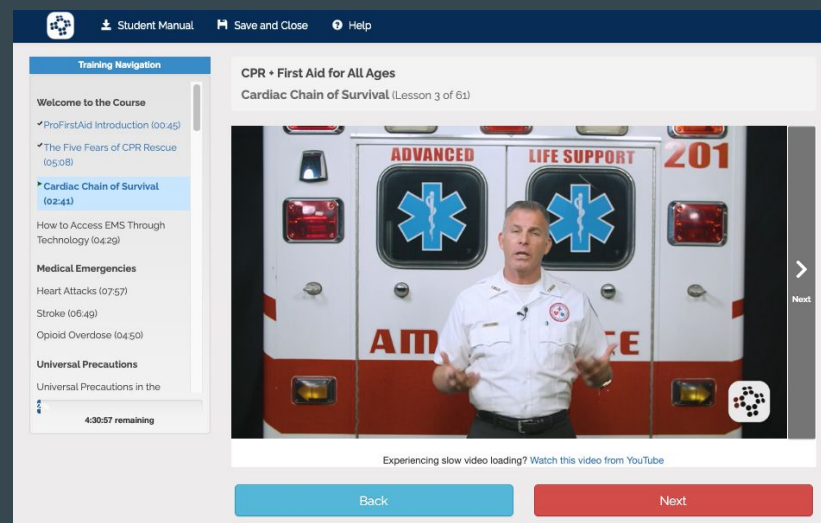
ProFirstAid Training

When you are ready to begin the training, click the “Start Training” button.

The screenshot shows the ProTrainings website interface. At the top, there is a dark blue navigation bar with the ProTrainings logo, a user profile 'Hello, Karla', and a 'Log Out' link. Below the navigation bar, the main content area features a white card titled 'Start your training'. The card contains the following text: 'You are about to begin the online CPR + First Aid for All Ages pre-test and training.' Below this is a section titled 'What to expect' with a play button icon, stating 'The training includes videos and comprehension questions. Your grade on the pre-test does not affect your final exam score.' A blue button labeled 'Start Training' is highlighted with a red rounded rectangle, and a red arrow points to it from the right. Below the button, it says 'Your progress is saved automatically. You may leave the training and resume at any time.' At the bottom of the card, there is a section titled 'Course Objectives' for the 'Adult, Child and Infant Pediatric CPR/AED & First Aid course'. The first objective listed is: '1. Describing what fears may stop you from providing the proper care, the chain of survival, how to avoid risk, and use of technology in an emergency.'

ProFirstAid Training

From here, you will watch all of the videos and answer pre-test questions between videos.



The screenshot shows the ProFirstAid Training interface. At the top, there are navigation links: Student Manual, Save and Close, and Help. Below this is a "Training Navigation" sidebar with a list of course topics. The main content area displays a video titled "CPR + First Aid for All Ages" with the subtitle "Cardiac Chain of Survival (Lesson 3 of 61)". The video shows a man in a white uniform standing in front of an ambulance. Below the video, there is a message: "Experiencing slow video loading? Watch this video from YouTube". At the bottom of the video player, there are "Back" and "Next" buttons.

Student Manual Save and Close Help

Training Navigation

Welcome to the Course

- ProFirstAid Introduction (00:45)
- The Five Fears of CPR Rescue (05:08)
- Cardiac Chain of Survival (02:41)

How to Access EMS Through Technology (04:29)

Medical Emergencies

- Heart Attacks (07:57)
- Stroke (06:49)
- Opioid Overdose (04:50)

Universal Precautions

Universal Precautions in the

4:30:57 remaining

CPR + First Aid for All Ages
Cardiac Chain of Survival (Lesson 3 of 61)

Experiencing slow video loading? Watch this video from YouTube

Back Next

Being uncertain of having the skills to perform CPR is one of the five fears we discussed. Which fear listed was not one of the fears we discussed?

A Might hurt or kill the patient

B Lawsuits

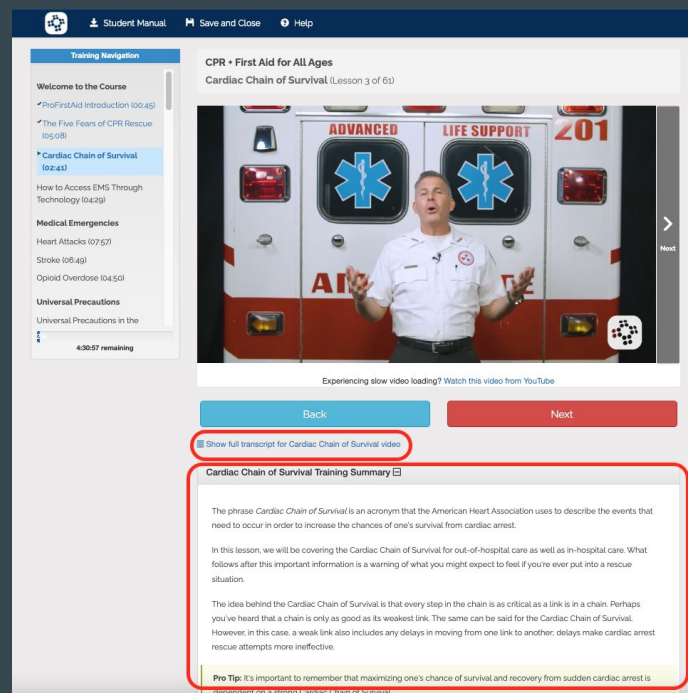
C Lack of preparation

D The scene is unsafe

ProFirstAid Training

You can also see a summary of the video down below or even click on the blue link to see the full transcript of the video.

If you select Spanish from the dashboard, the transcript will also be in Spanish.



The screenshot shows the ProFirstAid training interface. On the left is a 'Training Navigation' sidebar with a 'Welcome to the Course' section containing links for 'ProFirstAid Introduction (00:49)', 'The Five Fears of CPR Rescue (05:08)', 'Cardiac Chain of Survival (02:43)', 'How to Access EMS Through Technology (04:29)', 'Medical Emergencies' (Heart Attacks, Stroke, Opioid Overdose), and 'Universal Precautions'. The main content area is titled 'CPR • First Aid for All Ages Cardiac Chain of Survival (Lesson 3 of 6)'. It features a video player showing an instructor in front of an ambulance. Below the video are 'Back' and 'Next' buttons. A red box highlights a link 'Show full transcript for Cardiac Chain of Survival video'. Below this is a 'Cardiac Chain of Survival Training Summary' section with the following text:

The phrase *Cardiac Chain of Survival* is an acronym that the American Heart Association uses to describe the events that need to occur in order to increase the chances of one's survival from cardiac arrest.

In this lesson, we will be covering the Cardiac Chain of Survival for out-of-hospital care as well as in-hospital care. What follows after this important information is a warning of what you might expect to feel if you're ever put into a rescue situation.

The idea behind the Cardiac Chain of Survival is that every step in the chain is as critical as a link in a chain. Perhaps you've heard that a chain is only as good as its weakest link. The same can be said for the Cardiac Chain of Survival. However, in this case, a weak link also includes any delays in moving from one link to another; delays make cardiac arrest rescue attempts more ineffective.

Pro Tip: It's important to remember that maximizing one's chance of survival and recovery from sudden cardiac arrest is



This close-up screenshot shows the bottom of the video player interface. It includes a message: '¿Estás experimentando carga lenta del video? Ver este video desde YouTube'. Below this are 'Atrás' and 'Siguiente' buttons. A red arrow points to a link: 'Mostrar transcripción para Cadena de supervivencia cardiaca', which is circled in red.





ProFirstAid Training

Once completed, you can start the 40-question quiz by clicking the “Begin Test” button. You must score at least an 80%, or get at least 32 questions correct. You have unlimited attempts to pass the test.

The screenshot shows the ProTrainings website interface. At the top, there is a dark blue navigation bar with the ProTrainings logo on the left and links for Dashboard, CPR Courses, More Courses, Groups, and Acceptance on the right. The user's name 'Hello, Amber' and a 'Log Out' link are also visible. Below the navigation bar, a green notification banner reads: 'Congratulations! You have successfully passed your training. You may now proceed to the test.' The main content area features the heading 'Start the ProFirstAid Test'. Below this, there is explanatory text: 'You are about to begin the online ProTrainings CPR + First Aid for All Ages test. Your test results are **automatically saved** online as you take the test. You may leave the exam at any point and you will **resume where you left off** as long as you do so within 7 days.' A second line of text states: 'A score of **80% or better** AND mastery of every essential skill category are required to pass the exam. You may retry if you do not pass.' At the bottom center, a blue button with the text 'Begin Test' is highlighted with a red rounded rectangle.



Do I have to pay for my
certificate?



Do I have to pay for my certificate?

No, you do not need to pay for your certificate. Au Pair USA has already paid for you. After you pass the test, you can download your certificate by clicking the “Print” button, though it is not required.

You can always reprint your certificate from the Dashboard.

COMPLETED CERTIFICATIONS

ProFirstAid
Adult, Child and Infant, Pediatric CPR/AED & First Aid

Paid

Certified Jan 21, 2025
Expires Jan 21, 2027 | View Certification

Remediation Videos

Order Wallet Card

Order Wall Mount Certificate

PRINT OR DOWNLOAD



Can I rewatch the videos after I complete the course?



Can I rewatch the videos after I complete the course?

Yes, you will have access to all of these videos throughout your program if you would like to revisit them. Just log in to ProTrainings and click

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**Still Have Questions?
Email Your Academy Instructor!**

aguarente@interexchange.org