

Red Cross Offers Lifesaving First Aid / CPR / AED Training Saturday

August 31, 2009 – In life and death situations, minutes matter. Administering first aid and CPR/AED during the first few minutes of a medical emergency is crucial to the survival and recovery of a victim.

“Everyone who knows basic lifesaving skills has the power to save a life. At least one person in every household and workplace should be trained and certified in first aid and CPR/AED,” says Melissa McAvoy, Health and Safety Coordinator of DeKalb County American Red Cross. “By learning simple rescue skills, you can go from a helpless bystander to a person with the ability to help someone during an emergency.”

The DeKalb County American Red Cross is offering these lifesaving courses in September:

CPR / AED

This course gives individuals the knowledge and skills necessary to provide care for breathing emergencies, perform cardiopulmonary resuscitation (CPR) and learn how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest.

Saturday, September 5	8:30 a.m. – 1:00 p.m.	\$45	Chapter Office
Saturday, September 19	8:30 a.m. – 1:00 p.m.	\$45	Chapter Office

First Aid

This course gives individuals the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive. Skills covered include controlling bleeding, caring for muscle, bone, and joint injuries, treating burns, and responding to shock.

Saturday, September 5	1:30 – 4:30 p.m.	\$45	Chapter Office
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To register for one of these lifesaving courses, contact the DeKalb County American Red Cross at 815-756-7339. Registration and payment for all courses is due by 4 p.m. the Wednesday before the class. All classes take place at the Red Cross chapter office at 2727 Sycamore Road, Suite 2A in DeKalb.

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