

Red Cross training to prepare outdoor enthusiasts for wilderness emergencies

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The Colonial Crossroads Chapter of the American Red Cross, serving Madison, Chatham Borough, Chatham Township, Florham Park, East Hanover, Long Hill Township, Summit, Berkeley Heights, New Providence and Springfield Township, is offering classes in life-saving skills to respond to home emergencies.

In addition to training in first aid, cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED), and babysitting, the Colonial Crossroads Chapter is joining with the Millburn Short Hills and Westfield Mountainside chapters of the American Red Cross to offer a "Wilderness Training" class at the end of October.

The class is geared to Scouts and all outdoor enthusiasts and is based on the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines. The 20-hour class will prepare participants to provide care in potentially life-threatening emergencies when professional help will be delayed.

The minimum age requirement for the class is 14.

The course will meet from 6 to 10 p.m. Friday, Oct. 29, at the Colonial Crossroads Chapter, 695 Springfield Ave., Summit, and from 8 a.m. to 4 p.m. Saturday and Sunday, Oct. 30 and 31, at the Watchung Reservation just outside Summit. Attendance at all classes is mandatory.

Additional Classes

In addition, the Colonial Crossroads and Millburn Short Hills chapters will offer the following classes:

"Adult CPR/AED plus Child and Infant CPR" will teach participants to recognize and care for breathing and cardiac emergencies in infants, children and adults, and the use of AEDs on individuals 8 or older. The six-hour course will be offered in Summit from 9 a.m. to 3:30 p.m. Saturday, Oct. 30; from 6 to 10:30 p.m. Monday, Nov. 8, and 6 to 8 p.m. Wednesday, Nov. 10; and from 9 a.m. to 3:30 p.m. Saturday, Nov. 20. The fee is \$60;

"Babysitter's Training" will build confidence in preventing injuries and basic care skills for participants 11 through 15. Each participant will receive a Red Cross Babysitter's Handbook and a Red Cross Safety and First Aid Kit. Students should bring a lunch. The class will meet in Summit from 9 a.m. to 3:30 p.m. Thursday, Nov. 4; at the KnowledgePoints Learning Center in the Regency Plaza at 186 Columbia Turnpike in Florham Park from 9 a.m. to 3:30 p.m. Friday, Nov. 5; and at the Millburn Short Hills Chapter at 389 Millburn Ave., Millburn Township, from 9 a.m. to 3 p.m. Saturday, Nov. 20;

"CPR/First Aid Training for Teens" will train teens to overcome any reluctance to act in an emergency situation and to recognize and care for life-threatening respiratory or cardiac emergencies in children and infants. The course will also teach the skills necessary to help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. The class is recommended for participants 11 and older. It will meet in Millburn from 9 a.m. to 3 p.m. Thursday, Nov. 4. Students should bring a lunch. The fee is \$65;

"CPR/AED for the Professional Rescuer and the Healthcare Provider Recertification Challenge" is a two to three-hour course to certify or re-certify professional rescuers and health care providers in CPR and the use of an AED. Participants do not need to be certified currently. The first 30 to 45 minutes of the course will consist of practice of mannequins and a question-and-answer session. Once the test begins, the instructor may prompt but will not coach or assist. Participants who complete the course successfully will be certified in "CPR/AED for the Professional Rescuer and the Healthcare Provider" for two years. The class will be offered in Summit from 5:30 to 8:30 p.m. Friday, Nov. 12, and 9 a.m. to noon Monday, Nov. 15, and in Millburn from 6 to 9 p.m. Tuesday, Nov. 16. The fee is \$60. For participants who need a pocket mask there is an additional charge of \$20.

Advance Payment

Registration and advance payment are required for all classes. Individuals may register for classes in Summit by visiting www.cnjredcross.org; calling (908) 273-2076, or in person at the Red Cross office in Summit at 695 Springfield Ave.

To register for classes in Millburn, visit www.mshredcross.org, or call (973) 379-4198.

To register for the class at KnowledgePoints, visit www.tutoringyourkids.com.

Additional classes include "Pet First Aid," and "Infant and Child CPR." Classes are added on an ongoing basis. For updates, visit the Summit Web site, www.ecnjredcross.org, and the Millburn Short Hills Web site, www.mshredcross.org.

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