

A New Year's resolution: Learn how to save a life with Red Cross classes

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In the New Year, the Colonial Crossroads Chapter of the American Red Cross is encouraging residents and business people to learn the skills required to save a life or handle a medical emergency with a Red Cross health and safety class.

The classes will cover such subjects as first aid, cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED), babysitting training, and even first aid for pets.

Based at 695 Springfield Ave. in Summit, the Colonial Crossroads Chapter serves Summit, Madison, Chatham Borough, Chatham Township, Florham Park, East Hanover, Long Hill Township, Berkeley Heights, New Providence and Springfield Township.

Advance Payment

Registration and advance payment are required for all community classes. To register for classes, visit www.ccnjredcross.org, call (908) 273-2076, or visit the Red Cross office at 695 Springfield Ave. in Summit. Private classes also may be arranged.

Most classes will be held at the Summit office. A "Babysitter's Training" class also is planned at the KnowledgePoints Learning Center in the Regency Plaza at 186 Columbia Turnpike in Florham Park.

For all-day classes, participants are advised to bring a "brown-bag" lunch, as there will be a short lunch break for all-day courses.

The classes offered include:

"Adult CPR and AED," teaching participants to recognize and handle emergency situations and care for breathing and cardiac emergencies. Participants will learn how to perform CPR on adults, and how to use an AED on victims of sudden cardiac arrest until advanced medical help is available. The course also will cover basic precautions for preventing the transmission of disease. The 4.5-hour course will be available in Summit from 9 a.m. to 1:30 p.m. Saturday, Jan. 8; from 9 a.m. to 1:30 p.m. Monday, Jan. 10; from 6 to 10:30 p.m. Tuesday, Jan. 18; from 6 to 10:30 p.m. Friday, Jan. 28; from 5:30 to 10 p.m. Monday, Jan. 31; from 6 to 10:30 p.m. Monday, Feb. 7; from 9 a.m. to 1:30 p.m. Wednesday, Feb. 16, and from 9 a.m. to 1:30 p.m. Saturday, Feb. 19. The fee is \$55;

"Adult CPR/AED plus Child and Infant CPR," teaching participants to recognize and care for breathing and cardiac emergencies in infants, children and adults; and understand the role of AEDs in the "Cardiac Chain of Survival," as well as the use of AEDs on individuals 8 or older. The six-hour course will be available in Summit from 9 a.m. to 3:30 p.m. Saturday, Jan. 8; from 6 to 10:30 p.m. Tuesday, Jan. 18, continuing from 6 to 8 p.m. Thursday, Jan. 20; From 6 to 10:30 p.m. Friday, Jan. 28, continuing from 9 to 11 a.m. Saturday, Jan. 29; from 6 to 10:30 p.m. Monday, Feb. 7, continuing from 6 to 8 p.m. Wednesday, Feb. 9; and from 9 a.m. to 3:30 p.m. Saturday, Feb. 19. The fee is \$65;

"Standard First Aid and Adult CPR/AED," combining training in adult CPR, first aid training and the use of an AED. The course will be taught in Summit from 9 a.m. to 4:30 p.m. Monday, Jan. 10. The fee is \$65;

"First Aid with Adult CPR/AED and Infant and Child CPR," teaching participants to recognize and care for breathing and cardiac emergencies in infants, children and adults, as well as perform basic first aid and treat sudden illnesses. The course also includes training in using an AED. It will be offered in Summit from 9 a.m. to 5:30 p.m. Saturday, Jan. 8; from 6 to 10:30 p.m. Tuesday, Jan. 18, continuing from 6 to 10 p.m. Thursday, Jan. 20; from 6 to 10:30 p.m. Friday, Jan. 28, continuing from 9 a.m. to 1 p.m. Saturday, Jan. 29; from 6 to 10:30 p.m. Monday, Feb. 7, continuing from 6 to 10 p.m. Wednesday, Feb. 9; and from 9 a.m. to 5:30 p.m. Saturday, Feb. 19. The fee is \$70;

"Dog and Cat First Aid," a three-hour course, teaching pet owners to act with confidence in an emergency until the pet can reach a veterinarian. Each participant will receive a dog or cat first aid book with a DVD. Those who register are asked to specify whether they wish to take a dog or cat first aid class. The course will be

offered in Summit from 6 to 8:30 p.m. Friday, Jan. 14. The fee is \$60;

“Infant and Child CPR,” training participants to recognize and care for life-threatening respiratory or cardiac emergencies in infants and children up to 12. The course will be offered in Summit from 6 to 10:30 p.m. Wednesday, Jan. 19; from 10 a.m. to 2:30 p.m. Thursday, Jan. 27; at the East Hanover Recreation Department at 411 Ridgedale Ave. from 6 to 10:30 p.m. Friday, Feb. 4; and in Summit from 9 a.m. to 2:30 p.m. Friday, Feb. 18. The fee is \$55;

“Lay Responder CPR/First Aid/AED Recertification,” certifying or re-certifying lay persons in CPR for adults, infants and children, the use of an AED, and/or first aid. Participants do not need current certification to be tested. The 30 to 45 minutes of the class are a pre-course mannequin practice and a question-and-answer session. Once the “challenge test” has begun, the instructor may prompt participants but cannot coach or assist. The course is not intended for lifeguards, emergency medical technicians (EMTs) or paramedics. The class will be offered in Summit from 8:30 to 11 a.m. Monday, Jan. 24; and from 6 to 8:30 p.m. Wednesday, Feb. 2. The fee is \$55;

“CPR/AED for the Professional Rescuer and Health Care Provider,” teaching participants with a duty to act, including professional rescuers and health care providers, the skills needed to respond appropriately to breathing and cardiac emergencies. The training will include the use of an AED to care for a victim of cardiac arrest. The course is intended for, but not limited to, EMTs, paramedics, firefighters, police, physical therapists, occupational therapists, athletics trainers, emergency medical services (EMS) personnel, nursing students, correctional officers, ski patrol members, wilderness-based staff, and allied health professionals. Participants who successfully complete the course will receive certification in “CPR/AED for the Professional Rescuer and the Health Care Provider,” which is valid for two years. The eight-hour class will be available in Summit from 8:30 a.m. to 4:30 p.m. Sunday, Jan. 16; from 8:30 a.m. to 4:30 p.m. Sunday, Feb. 13; and from 6 to 10 p.m. Wednesday, Feb. 23, continuing from 6 to 10 p.m. Thursday, Feb. 24. Participants should bring a pocket mask, a course book, and a “brown-bag” lunch. The fee is \$85;

“CPR/AED for the Professional Rescuer and the Health Care Provider Recertification Challenge,” certifying or re-certifying professional rescuers and health care providers in CPR and AED. Participants do not need current certification. The first 30 to 45 minutes of the class will be a pre-course mannequin practice and question-and-answer session. Once the “challenge test” has begun, the instructor may offer prompting, but cannot coach or assist. Participants who successfully complete the course will receive certification in “CPR/AED for the Professional Rescuer and the Health Care Provider,” which is valid for two years. The three-hour class will be held in Summit from 8:30 to 11:30 a.m. Monday, Jan. 24; and from 6 to 9 p.m. Wednesday, Feb. 2. The fee is \$65; for participants who need a pocket mask, there is an additional cost of \$20;

“Babysitter’s Training,” for participants 11 to 15, providing confidence-building activities, instruction in injury prevention, and practice in basic care skills. Each participant will receive a Red Cross Babysitter’s Handbook and Red Cross Safety and First Aid kit. Students should bring a lunch. The class will be offered in Summit from 9 a.m. to 3:30 p.m. Monday, Jan. 17; from 9 a.m. to 3:30 p.m. Saturday, Feb. 5; and from 9 a.m. to 3:30 p.m. Tuesday, Feb. 22. The class also will be offered at KnowledgePoints in Florham Park from 9 a.m. to 3:30 p.m. Monday, Jan. 17; and from 9 a.m. to 3:30 p.m. Monday, Feb. 21. For information about KnowledgePoints, visit the Web site at www.tutoringyourkids.com. The fee is \$75.

Classes are constantly added to the Red Cross schedule. To check for additional classes, visit the Web site at www.ccnjredcross.org.