



Learn how to save a life at Red Cross classes in Summit and in Millburn

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In 2011, you can learn the skills required to save a life or handle a medical emergency with a health and safety class from the Colonial Crossroads chapter of the Red Cross. The chapter house is at 695 Springfield Ave. in Summit.

Registration and advance payment are required for all community classes. Individuals may register for classes in Summit by visiting ccnjredcross.org; calling (908) 273-2076, or in person at the Red Cross office in Summit, 695 Springfield Ave. For classes in Millburn, please visit mshredcross.org or call 973-379-4198. Private classes may also be arranged. Classes in Summit are held at 695 Springfield Avenue; and in Millburn at 389 Millburn Avenue. Bring a brown bag lunch, there will be a short lunch break for all day courses.

Adult CPR and AED, teaches participants to recognize and handle emergency situations and care for breathing and cardiac emergencies. 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. Basic precautions for preventing disease transmission. This course is available in Summit on Saturday, January 8 (9am – 1:30pm); Monday, January 10 (9am – 1:30pm); Tuesday, January 18 (6 – 10:30pm); Friday, January 28 (6 – 10:30pm); Monday, January 31 (5:30 – 10pm); Monday, February 7 (6 – 10:30pm); Wednesday, February 16 (9am – 1:30pm); Saturday, February 19 (9am – 1:30pm). In Millburn, this class will be held on Tuesday, January 11 from 6 – 10:30pm. The course is 4.5 hours and the fee is \$55.

Adult CPR/AED plus Child and Infant CPR, teaches 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 use of AED's on individuals 8 or older. This 6 hour course is available in Summit on Saturday, January 8 (9am – 3:30pm); Tuesday, January 18 (6 – 10:30pm) and Thursday, January 20 (6 – 8pm); Friday, January 28 (6 – 10:30pm) and Saturday, January 29 (9 – 11am); Monday, February 7 (6 – 10:30pm) and Wednesday, February 9 (6 – 8pm) and Saturday, February 19 (9am – 3:30pm). The fee is \$65.

CPR/AED and First Aid Review, reviews course information and allows the practice of skills and knowledge before testing. In Millburn on Wednesday, Jan. 19 at 6pm; and Wednesday, Feb. 16 at

6pm. This class is 3 hours 15 minutes. Course fee is \$55.

Standard First Aid and Adult CPR/AED, combines training in adult CPR, first aid training and use of an AED. The course will be taught in Summit on Monday, January 10 (9am – 4:30pm). The fee is \$65.

First Aid with Adult CPR/AED and Infant and Child CPR – Learn 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 is offered in Summit on Saturday, January 8 (9am – 5:30pm); Tuesday, January 18 (6 – 10:30pm) and Thursday, January 20 (6 – 10pm); Friday, January 28 (6 – 10:30pm) and Saturday, January 29 (9am – 1pm); Monday, February 7 (6 – 10:30pm) and Wednesday, February 9 (6 – 10pm) and Saturday, February 19 (9am – 5:30pm). In Millburn this class will be held on Friday, January 7 (6-10:30pm); Saturday, January 8 (9am – 1pm); Friday, January 21 (6 – 10:30pm); Saturday, January 22 (9am – 1pm); Friday February 11 (6 – 10:30pm); Saturday, February 12 (9am – 1pm); Friday, February 25 (6 – 10:30pm); Saturday, February 26 (9am – 1pm). The fee is \$70.

Dog and Cat First Aid – This three hour course provides valuable information needed to keep your pet safe. It teaches the owner to act with confidence during an emergency until your pet reaches the veterinarian. Each participant will receive a Dog or Cat First Aid book with DVD. Please specify when registering. In Summit, Friday, January 14 (6 – 8:30pm). In Millburn, this class will be held on Wednesday, February 23 (1 – 4pm). The course fee is \$60.

Infant and Child CPR, trains individuals to recognize and care for life-threatening respiratory or cardiac emergencies in infants and children up to 12 years old. The course is offered in Summit on Wednesday, January 19 (6 – 10:30pm); Thursday, January 27 (10am – 2:30pm); in Summit on Friday, February 18 (10am – 2:30pm).

Lay Responder CPR/FA/AED Recertification certifies in Adult, Infant, Child CPR, AED, and /or First Aid. You do not need to be currently certified to be tested. The first 30-45 minutes are the precourse manikin practice and the Q&A session. Once the challenge testing has begun, there will be instructor prompting only, no coaching or assisting. This course is not for Lifeguards, EMTs, or Paramedics. This course is available in Summit on Monday, January 24 (8:30 – 11am) and on Wednesday, February 2 (6 - 8:30pm). The fee is \$55.

CPR/AED for the Professional Rescuer and Healthcare Provider teaches those with a duty to act (including professional rescuers and healthcare providers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest. Individuals that should attend this course are, but not limited to: EMTs, Paramedics, Firefighters, Police, Physical Therapists, Occupational Therapists, Athletic Trainers, EMS personnel, Nursing Students, Correctional Officers, Ski Patrol, Wilderness-Based Staff, Allied Health Professionals.

Participants who successfully complete the course will receive the following certificate: CPR/AED for the Professional Rescuer and the Healthcare Provider which is valid for 2 years. The class is available in Summit on Sunday, January 16 (8:30am – 4:30pm); Sunday, February 13 (8:30am – 4:30pm); Wednesday, February 23 (6 – 10pm) and Thursday, February 24 (6 – 10pm). The course is 8 hours and the fee is \$85 (includes pocket mask and book). Please bring a brown bag lunch.

CPR/AED for the Professional Rescuer and the Healthcare Provider Recertification Challenge certifies (re-certify) in CPR/AED for the Professional Rescuer and Healthcare Provider (if you need a pocket mask, additional cost of \$20).

You do not need to be currently certified to be tested. The first 30-45 minutes are the precourse manikin practice and Q&A session, once challenge testing has begun, there will be instructor PROMPTING ONLY, no coaching or assisting. Participants who successfully complete the course will receive the following certificate: CPR/AED for the Professional Rescuer and the Healthcare Provider which is valid for 2 years. The class will be held in Summit on Monday, January 24 (8:30 – 11:30am); and Wednesday, February 2 (6 – 9pm). In Millburn, this class will be held on Thursday, January 27 at 6:00pm; and Thursday, February 24th at 6:00pm. The course length is 2.5 – 3 hours and the fee is \$65.

Babysitter's Training, provides confidence-building activities, injury prevention, and basic care skills practice for 11 to 15 year-olds. 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 is available in Summit, Monday, January 17 (9am – 3:30pm); in Summit on Saturday, February 5 (9am – 3:30pm); in Summit on Tuesday, February 22 (9am – 3:30pm). In Millburn, this class will be held on Saturday, January 15 (9am – 3pm); and Tuesday, February 22 (9am – 3pm). The fee for this class is \$75.

Classes are constantly added to the schedule; check the website for additions at **ccnjredcross.org**.

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