

Spring a good season to learn life-saving skills

Print Page

Published: Mar 26th, 7:05 AM

MADISON - The Colonial Crossroads Chapter of the American Red Cross is urging residents to take the time to learn a life-saving skill such as cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED) or first aid this spring through one of the many Red Cross classes offered during the week and on weekends.

"Infant and Child CPR" trains participants to recognize and care for life-threatening respiratory or cardiac emergencies in infants and children up to 12. The course will be offered from 10 a.m. to 2:30 p.m. Wednesday, April 14, at the Red Cross chapter house in Summit, at 695 Springfield Ave. The fee for the course is \$50.

"Adult CPR/AED" provides training in recognizing and handling emergency situations, caring for breathing and cardiac emergencies, performing CPR on adults, and using an AED on victims of sudden cardiac arrest until advanced medical help is available. Basic precautions to prevent the transmission of disease also are covered. The course will be offered in Summit from 9 a.m. to 1:30 p.m. Saturday, April 10; from 6 to 10:30 p.m. Wednesday, April 21; from 6 to 10:30 p.m. Monday, April 26, and again from 6 to 10:30 p.m. Friday, April 30. The fee is \$50.

"Adult CPR/AED plus Child and Infant CPR" teaches participants to recognize and care for breathing and cardiac emergencies in infants, children and adults, plus the use of AEDs on individuals 8 or older. The six-hour course is available in Summit from 9 a.m. to 3:30 p.m. Saturday, April 10; from 6 to 10:30 p.m. Wednesday, April 21; from 6 to 8 p.m. Thursday, April 22; from 6 to 10:30 p.m. Friday, April 30, and from 9 to 11 a.m. Saturday, May 1. The course fee is \$60.

"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, including the use of an AED for a victim of cardiac arrest. The course is advised for, but not limited to, emergency medical technicians (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 Healthcare Provider," which is valid for two years. The course length is eight hours. The course will be offered in Summit from 6 to 10 p.m. Monday and Tuesday, April 12 and 13, and again from 8:30 a.m. to 4:30 p.m. Sunday, April 18. The \$80 course fee covers a pocket mask and book.

"CPR/AED for the Professional Rescuer and the Healthcare Provider Recertification Challenge" is a two to three-hour course for recertification in "CPR/ARD for the Professional Rescuer and Health Care Provider." Participants do not need current certification to be tested. The first 30 to 45 minutes involve mannequin practice and a question-and-answer session. Once the challenge testing has begun, instructors may offer prompting, but no coaching or assistance. Participants who successfully complete the course will receive certification in "CPR/AED for the Professional Rescuer and the Healthcare Provider," which is valid for two years. The class will be offered in Summit from 5 to 7:30 p.m. Friday, April 16. The fee is \$60. For participants who need a pocket mask there is an additional cost of \$20.

"First Aid with Adult CPR/AED and Infant and Child CPR" teaches 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, April 10, and from 6 to 10:30 p.m. Wednesday, April 21, and again from 6 to 10 p.m. Thursday, April 22. The course will be offered at the Madison chapter house, 1 Madison Avenue, from 6 to 10:30 p.m. Friday, April 30, and 9 a.m. to 1 p.m. Saturday, May 1. Participants must attend two-part classes. The fee is \$65.

"Standard First Aid with Adult CPR and AED" combines CPR, AED and first aid training to teach participants to recognize and care for breathing and cardiac emergencies in individuals 12 year and older, and to perform basic care for injuries and sudden illnesses until advanced medical personnel arrive. The course includes training in the use of an AED on a victim of sudden cardiac arrest. The class will be held in Summit from 9 a.m. to 4:30 p.m. Thursday, April 15. The course fee is \$60.

"Babysitter's Training" is a six and one-half hour class that provides confidence-building activities, instruction in injury prevention, and practice in basic care skills for young people 11 to 15. 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 from 9 a.m. to 3:30 p.m. Friday, April 9, and again in Summit from 9 a.m. to 3:30 p.m. Saturday, April 24. The fee is \$55 and includes the Red Cross Babysitter's Handbook. Early registration is advised as space is limited.

"Babysitter's Training Camp with CPR, First Aid, and Pet First Aid" will teach young people all the content of "Babysitter's Training" as well as "Child and Infant CPR and First Aid." On successful completion, participants will receive certifications in "Babysitter's Training," "CPR-Infant and Child," as well as "Standard First Aid." The final day of the class is "Pet First Aid," which is included in the course fee but participation is optional. Those who attend "Pet First Aid" should indicate a cat or dog book preference. Participants must attend all sessions. The course fee is \$135. The class will be held from 9 a.m. to 12:30 p.m. from Monday, April 5, through Thursday, April 8, at the Summit Medical Group, 1 Diamond Hill Road, Lawrence Pavillion Building, Lot No. 1, in Berkeley Heights.

"Pet First Aid" is a three-hour course in pet safety, teaching owners to act with confidence during an emergency until the pet reaches a veterinarian. Each participant will receive a "Pet First Aid" textbook. The class will be held from 9 a.m. to 12:30 p.m. Thursday, April 8, at the Summit Medical Group.

Registration and advance payment are required for all classes. Individuals may register for classes in Summit and Madison by visiting www.ccnjredcross.org; calling (908) 273-2076, or in person at the Red Cross in Summit at 695 Springfield Ave. or in Madison at 1 Madison Ave.

The Colonial Crossroads Chapter serves the residents of Madison, Summit, Chatham Borough, Chatham Township, Florham Park, East Hanover, Long Hill Township, Berkeley Heights, New Providence and Springfield Township.