

# Fitness, Health & Wellness



## CPR: Lay Rescuer

Heartsaver CPR with AED

*Sharon Mathews*

Focus on respiratory emergencies and how to give first aid for a cardiac emergency as a lay rescuer. Learn CPR and relief of choking in adults, children and infants and use of barrier devices for all ages. Prevention and recognition are emphasized. Receive training on use of the Automated External Defibrillator. **Receive a Certificate of Participation and 2-year Certification.** While this class is **NOT** valid for the Health Care Professional, though a Lay Rescuer may enroll in a Health Care Professional course and receive Lay Rescuer Certification. An **American Heart Association** program equal to all other CPR courses. For first time students and recertification.

#51151B

Tue Mar 19

6:30-8:30 pm

Tilden Com Ctr, #125

\$69-1 ses

## CPR: Health Care Professionals

Heartsaver CPR with AED

*Sharon Mathews*

**For anyone who has a duty to respond** learn adult and pediatric CPR including two-rescuer scenarios and use of the bag mask, foreign-body airway obstruction, respiratory emergencies, first aid for cardiac emergencies and training on use of the AED. **Receive a Completion Card and 2-year Certification.** Prevention and recognition are emphasized as it relates to adults, children and infants. **Basic Life Support for the Professional Rescuer** is required by health care providers and other professional rescuer positions. An **American Heart Association** program equal to all other CPR courses. For first time students and recertification.



---> If you only need **Lay Rescuer**, enroll and attend just the first two hours of class.

Indicate "Lay Rescuer" when registering!

#51150B

Wed Feb 13

6-9 pm

Tilden Com Ctr, #125

\$69-1 ses

#51150C

Thu Apr 11

6-9 pm

Tilden Com Ctr, #125

\$69-1 ses

## Basic First Aid

*Sharon Mathews*

Concentrate on the patient survey, bleeding, shock, fractures, strains, sprains, seizures, diabetes, etc. Includes all recent updates from the **American Heart Association**. Receive a **Completion Card** at the end of class. Student book is included. For first time student and recertification.

#51153B

Tue Feb 12

5:30-9 pm

Tilden Com Ctr, #125

\$69-1 ses

\*Customized classes for your **PRIVATE GROUP** of 6 or more people may be arranged. Please contact Zena Stefani at 651-480-7674 or email her at [zstefani@hastings.k12.mn.us](mailto:zstefani@hastings.k12.mn.us) for information.