

### *Training in CPR, first aid and babysitting.*

The American Red Cross will offer several health and safety training courses at the Mid-Plains office 1111 S. Cottonwood in the coming months.

Blended Learning—combines online learning with in-person skills sessions conducted by a Red Cross Certified Instructor. The new blended learning courses build the same knowledge and skills as a traditional classroom setting.

First Aid/CPR/AED will be provided monthly, see attached schedule. These courses are perfect for Daycare Providers, Manufacturing Industries, Office Personnel, OSHA regulated Industries and anyone that wants to be prepared to learn to save a life. Some topics covered in these courses include:

- Recognizing signals of emergencies.
- Skill practice and demonstrations in CPR and Wound Care.
- Caring for a person choking.
- Identify signals of common sudden illnesses.
- Describe purpose of Good Samaritan Laws.

Babysitter's Training will take place on March 11. The class session is 9 a.m. to 2 p.m. CT and students should bring a sack lunch. This course for 11 to 15-year-olds is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. Students will learn how to:

- Supervise children and infants.
- Perform basic child-care skills such as diapering and feeding.
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries and emergencies such as choking, burns, cuts and bee stings.
- Communicate effectively with parents.
- Find and interview for babysitting jobs.

Advance registration is required for all classes. Visit [redcross.org](http://redcross.org) or call 1-800-RED-CROSS to register or learn more.