Here are a few things to know about our live classes:

* There are no age limit restrictions for taking a class. If the student can understand and retain the class material, perform the hands-on skills, and pass the written test, they should be provided certification. Attending a class without obtaining certification IS possible, just contact us prior to class to discuss the discounted cost.
* CPR/AED classes include training that covers the most current CPR and ECC Guidelines: Clear, concise direction on how to perform CPR for Adult, Children, and Infants, and use an AED during an emergency.​
* First Aid classes include training on injuries and illnesses. New and updated content on the use of homeostatic dressings, application of tourniquets, administering epinephrine, use of Narcan, dental care, and more.
* Every manikin is cleaned and sanitized prior to class. We have several female manikins!
* Manikins have disposable (plastic bag type) lungs that are used only during class and thrown away after use. Each student will also be provided a throw-away barrier device to use during class.
* Students will be provided feedback devices to help them understand correct depth and strength of compressions, and correct compression rates performed.
* First aid training supplies will be provided (as applicable).
* Every student will be provided their own book to use during class and keep afterwards.
* Each student will receive a Keychain CPR Mask for use in an emergency. This is FREE for each student to keep after class.
* Plan for class to end at posted end time, but know that they usually end sooner (depending on number of students, time for skills sessions, time for test taking, prior knowledge of students, number of breaks, etc.)
* Wear comfortable clothing, CPR skills are usually practiced and demonstrated on the floor. Bring a pillow for kneeling if you need one.
* If you are not able to perform CPR skills on the floor you may do it on a table as needed - no doctors note is needed, just tell your instructor.
* Experience has taught us that students with long hair might want to put their hair in a ponytail when performing CPR.
* Please dress appropriately as low-cut shirts could be revealing when bending over a manikin.
* Certification is usually issued, within a few hours, directly after class.

Be ready to learn and have fun. See you in class!