

# GET READY! Kent County Twelve Month Citizen Preparedness Program Fact Sheet

## DECEMBER: FIRST AID / CPR / AED TRAINING

*Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends getting First Aid / CPR / AED Training.*

### WHAT YOU WILL LEARN

- How to care for a conscious and unconscious choking person
- Rescue breathing techniques
- How to recognize and provide for cardiac arrest and heart attack
- How to recognize and care for injuries and sudden illnesses, including:
  - Heat and cold emergencies
  - Poisoning
  - Bandaging wounds
  - Caring for bleeding injuries
  - Bone injuries
  - Diabetic emergencies
  - Fainting
  - Seizures
  - Strokes
  - Allergic reactions

### WHY YOU NEED TO BE TRAINED

- In an emergency First Responders could be delayed in getting to you
- Training will teach you how to properly use the items in your First Aid Kits and Emergency Supply Kits

### WHAT IS AN AED?

An AED, or Automated External Defibrillator, is a device that analyzes the heart's electrical rhythm and, if necessary, prompts you to deliver a shock to a victim of Sudden Cardiac Arrest.

### WHEN AND WHERE TRAINING IS AVAILABLE

The American Red Cross of Greater Grand Rapids offers various training opportunities throughout Kent County. Courses are offered in the evenings and on the weekend so they can fit anyone's schedule.

### HOW TO ENROLL IN TRAINING

- Visit [www.redcross.org/cpr](http://www.redcross.org/cpr) to view the course schedule and enroll online.
- Call the American Red Cross of Greater Grand Rapids at (616) 456-8661 to request a course catalog be mailed to you or to enroll in a class.
- Stop by the American Red Cross of Greater Grand Rapids' office at 1050 Fuller Avenue NE in Grand Rapids, to enroll.

### WHAT IS THE COST OF THE TRAINING

There are various First Aid / CPR / AED training classes offered. The class fee will vary depending on the class chosen. Typically, the class fees range from \$95 to \$115 for certification. Recertification is required every 2 years.

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- **For more information...** ■
  - Visit the *Get Ready! Kent County* website ■
  - listed below as well as [www.ready.gov](http://www.ready.gov) and ■
  - [www.redcross.org](http://www.redcross.org). ■
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