

First Aid/CPR

American Heart Association (AHA) CPR instruction is available for businesses and the general public as well as all healthcare providers. This four-hour course provides the basic knowledge of rescue breathing, providing help for choking victims and CPR. The course consists of lecture and hands-on practice.

A one-session first-aid class will teach individuals what can be done at home, work or on vacation for minor injuries. Also provided is information about what to do in emergencies until an ambulance arrives.

The Heartsaver Automated External Defibrillator (AED) course is designed for training the non-traditional responders in homes, businesses and worksites in CPR and the use of the AED. Studies have shown early defibrillation improves the survival from cardiac arrest. The course is designed in the watch-then-practice format. Each student will have an opportunity to have sufficient hands on practice. MMR can make arrangements to come to your facility for training.

First Aid/CPR AHA Instructor Programs Available:

- **Healthcare Provider CPR**
1st Monday of each month
- **Heartsaver CPR**
1st Tuesday of each month
- **Basic First Aid**
2nd Monday of each month
- **Heartsaver AED**
Call to schedule

Call the MMR Front Desk to register for any of the classes listed above at 800.232.5216.