

# CPR & FIRST AID

## Sarah Bush Lincoln Health Care Center Options:

<https://www.sarahbush.org/ems/2024-course-offerings/>

### CPR

October 1, December 3, 2024 and February 4, April 1, June 3, 2025

5:30 pm- 9:30 pm

*Location: SBLHC EMS, 104 Professional Plaza, Mattoon*

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. \$50 Registration: 217-258-2403

### CPR/First Aid Combo

CPR starts 5:30 pm    First Aid starts 6:45 pm

September 3, November 5, 2024 and January 7, March 4, May 6, July 1, 2025

*Location: SBLHC EMS, 104 Professional Plaza, Mattoon*

**CPR:** Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce the earning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. **First Aid:** Properly applied first aid can save lives, reduce recovery time, and quite possibly mean the difference between temporary disability or lifelong disability for the victim. Participants learn to recognize the signs and symptoms of injuries and sudden illness. Crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reaction, diabetes, and seizures is shared. \$100 Registration: 217-258-2403

### Online Course Option (with SBLHC)

American Heart Association course-<https://www.onlineaha.org/courses>

1. Complete the *Heartsaver Pediatric First Aid CPR AED online*
  - o \$21.50 online fee
2. Contact SBLHS EMS office at 217-258-2403 to request a CPR/First-Aid Test Out
  - o \$45 per certification (\$90 for First Aid & CPR)

# YMCA OPTIONS

<https://mattoonymca.org/cpr-certification/>

## First Aid/CPR/AED-Adult, Child, Infant

5:45-9:45 pm

October 10, 2024 and February 6, April 3, 2025

*Location: Neal Center YMCA, 130 Courthouse Square, Toledo*

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce the earning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. \$75 Registration: 217-234-9494

## First Aid/CPR/AED-Adult, Child, Infant

5:30-9:30 pm

November 14, December 5, 2024 and January 6, March 3, May 15, June 9, 2025

*Location: Mattoon Area Family YMCA, 221 N 16<sup>th</sup> St, Mattoon-Registration 217-234-9494*

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. \$75 Registration: 217-234-9494

Local Health Departments that might offer or know of other options	Clark County 217-382-4207 Coles County 217-348-0530 Cumberland County 217-849-3211 Edgar County 217-465-2212 Moultrie County 217-728-4114 Shelby County 217-774-9555	Rate varies
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*Must be from one of the following approved entities:*

American Heart Association  
American Safety & Health Institute (AHSI)  
American Red Cross  
American Trauma Event Management (ATEM)  
Emergency Care and Safety Institute (ECSI)  
Edward Atkinson/Emergency Response Health Network  
Ellis & Associates, Inc.-Orlando, FL

EMS Safety Service  
Know CPR  
MEDIC FIRST AID  
National Safety Council  
Pacific Medical Training  
Pro=Trainings, LLC  
R.H. Sanders & Associates/Titan CPR Associates

**Funds may be available to reimburse YOU and/or YOUR STAFF for  
CPR & First Aid taken July 2024-June 2025.**

**The application is available at**

<https://www.eiu.edu/ccrr/FY25%20FA-CPR%20-APP-FINAL.pdf>

**Don't forget to save receipts and training certificates/cards!**