

American Red Cross Community Classes and Blood Drives

Grant Wood Area Chapter June 2009

Learn how to save the life of someone you love by taking an American Red Cross health, safety and preparedness course. All courses require pre-registration. Call (319) 393-3500 in Linn County or (319) 337-2119 in Johnson County. Cedar Rapids classes are held at the Grant Wood Area Chapter headquarters at 6300 Rockwell Drive NE. Iowa City classes are held at 373 E. College Street. Class sizes are limited to provide ample practice time for all.

Adult CPR/AED training ▪ Learn updated techniques to deal with life threatening emergencies for adults and children over the age of nine. Learn to recognize and respond to emergencies, including how to determine unconsciousness, clear an obstructed airway and perform one-rescuer CPR. AED training teaches participants to use Automated External Defibrillators (AEDs), which shock a malfunctioning heart back into a normal rhythm. No previous training required. **The next Adult CPR/AED classes in Cedar Rapids will be held June 6, 20, and 26 from 8 a.m. – 12 p.m. and June 4 from 6 – 10 p.m. The next Adult CPR/AED classes in Iowa City will be held June 16 from 6 p.m. – 10 p.m. and June 27 from 8 a.m. – 12 p.m.**

Adult CPR/AED plus First Aid ▪ Learn to recognize and respond to emergencies, including how to determine unconsciousness, clear an obstructed airway and perform one-rescuer CPR. AED training teaches participants to use Automated External Defibrillators (AEDs). Enhance CPR knowledge by learning basic first aid skills. **The next CPR/AED plus First Aid classes will be held June 4 and 11 (must attend both nights) from 6 p.m. – 9:30 p.m. in Cedar Rapids and June 16 and 23 (must attend both nights) from 6 p.m. – 9:30 p.m. in Iowa City. Daytime courses will be held June 26 from 8 a.m. – 2:30 p.m. in Cedar Rapids.**

First Aid Progression ▪ Enhance CPR knowledge by learning basic first aid skills such as treating cuts, scrapes, and burns; treating injuries to bones, muscles and joints; controlling severe bleeding; and managing seizures and poisoning incidents. You must have a current American Red Cross Adult CPR certificate to participate. **The next First Aid classes will be held June 11 from 6-8:30 p.m. in Cedar Rapids and June 23 from 6-8:30 p.m. in Iowa City.**

Adult CPR/AED & Infant/Child CPR plus First Aid ▪ Learn to recognize and respond to emergencies, including how to determine unconsciousness, clear an obstructed airway and perform one-rescuer CPR on adults, children and infants. AED training teaches participants to use Automated External Defibrillators (AEDs). Enhance CPR knowledge by learning basic first aid skills. **The next CPR/AED & Infant/Child CPR plus First Aid class will be held June 16, 23, and 30 (must attend all nights) from 6 p.m. – 9:30 p.m. in Iowa City and June 4, 11, and 18 (must attend all nights) from 6 p.m. – 9:30 p.m. in Cedar Rapids. Saturday courses will be held on June 6 and June 20 in Cedar Rapids from 8 a.m. – 5 p.m. and on June 27 from 8 a.m. – 5 p.m. in Iowa City.**

Adult CPR/AED & Infant/Child CPR ▪ Learn to recognize and respond to emergencies, including how to determine unconsciousness, clear an obstructed airway and perform one-rescuer CPR on adults, children and infants. AED training teaches participants to use Automated External Defibrillators (AEDs). **The next CPR/AED & Infant/Child CPR class will be held June 4 and 18 (must attend both nights) from 6 p.m. – 9:30 p.m. in Cedar Rapids and June 16, 30 (must attend both nights) from 6 p.m. – 9:30 p.m. in Iowa City. Saturday courses will be held June 6 and June 20 from 8 a.m. – 2:30 p.m. in Cedar Rapids and June 27 from 8 a.m. – 2:30 p.m. in Iowa City.**

Infant/Child CPR ▪ Apply emergency skills from **Adult CPR** to infants and children under the age of eight. Learn basic infant and child safety, injury prevention, and skills to respond to life threatening emergencies. This class is ideal for new parents, grandparents, teachers and anyone else who is around children. You must have a current American Red Cross Adult CPR certificate to participate. **The next Infant/Child CPR class will be held June 18 from 6 p.m. – 8:30 p.m. in Cedar Rapids and June 30 from 6 p.m. – 8:30 p.m. in Iowa City.**

First Aid Basics ▪ This course is designed to train individuals to recognize and care for victims of sudden illness and injuries. Participants also learn skills such as treating cuts, scrapes, and burns; treating injuries to bones, muscles and joints; controlling severe bleeding; and managing seizures and poisoning incidents. No previous training required. **The next First Aid Basics class will be held June 10 from 6 – 10 p.m. in Iowa City.**

Adult CPR/AED, Infant & Child CPR plus First Aid Review ▪ **Adult CPR/AED: 2 hours** ▪ **Adult, Infant & Child CPR: 3 hours** ▪ This course allows individuals with current Adult CPR or Adult, Infant and Child CPR certifications the opportunity to review the course content with an instructor within a formal class setting. Each participant will have the chance to view video segments, practice skills and complete written and skills exams. **The next Adult CPR/AED and Infant & Child CPR plus First Aid Review classes will be held June 3 and 25 from 6 – 9:30 p.m. in Cedar Rapids and June 9 from 6-9:30 p.m. in Iowa City.**

CPR for the Daycare Provider ▪ This course covers all requirements for First Aid, CPR and Universal Precautions required by Iowa DHS for licensed child care providers. No previous training required. **The next CPR for the Daycare Provider classes will be held June 27 from 8 a.m. – 5 p.m. in Cedar Rapids and June 13 from 8 a.m. – 5 p.m. in Iowa City.**

CPR for the Daycare Provider Review ▪ This course covers all requirements for First Aid, CPR and Universal Precautions required by Iowa DHS for licensed child care providers. Current American Red Cross certification issued within the last 12 months required. **The next CPR for the Daycare Provider Review class will be held June 6 from 8 a.m. – 12 p.m. in Cedar Rapids.**

CPR/AED for the Professional Rescuer and Healthcare Provider ▪ This course is designed for individuals who are expected to respond to an emergency as part of their job. The course will meet entrance requirements for most nursing and EMT programs. Students will learn the principles of CPR and AED for adults, children and infants; two-rescuer CPR/AED; and use of bag valve masks and pocket masks. No previous training required. **The next CPR/AED for the Professional class will be June 20 from 8 a.m. – 5 p.m. in Cedar Rapids.**

CPR/AED for the Professional Rescuer and Healthcare Provider Review ▪ This class allows individuals with current certifications the opportunity to review the course content within a formal class setting. Current American Red Cross CPR for the Professional Rescuer certificate within the last 12 months or American Heart Association CPR for the Healthcare Provider certificate within the last 12 months is required. **The next CPR/AED for the Professional Review classes will be held June 2 and 16 from 6-9 p.m. in Cedar Rapids and June 4 from 6-9 p.m. in Iowa City.**

Babysitter's One-Day Training ▪ This course provides an interactive, activity-based program for youth with the knowledge, skills, and confidence to care for infants, toddlers and elementary school-aged children. The class focuses on injury prevention, emergency first aid, basic child care skills, decision making, problem solving, and leadership skills, while providing an excellent opportunity for building self-confidence. **The next Babysitter's One-Day Trainings will be held June 15 and 17 from 9 a.m. – 4 p.m. in Cedar Rapids. Call for details.**

Babysitter's Two-Day Mini Camp ▪ This course provides an interactive, activity-based program for youth with the knowledge, skills, and confidence to care for infants, toddlers and elementary school-aged children. The class focuses on injury prevention, emergency first aid, basic child care skills, decision making, problem solving, and leadership skills, while providing an excellent opportunity for building self-confidence. Includes full Infant/Child CPR and First Aid. **The next Babysitter's Two-Day Mini Camp will be held June 23 and 24 (must attend both days) from 9 a.m. – 4 p.m. in Cedar Rapids. Call for details.**

June Blood Drives

Give the gift of life this by donating blood. Call **1-800-GIVE-LIFE (1-800-448-3543)** or visit www.givebloodgivelife.org for more information or to schedule an appointment. Walk-ins are welcome at the following blood drives:

June 1: Grant Wood Area Chapter, 11:30 a.m-5:30 p.m.
6300 Rockwell Drive NE, Cedar Rapids

June 1: St. Mark's Lutheran Church, 1 p.m-5:30 p.m.
8300 C Ave NE, Marion

June 6: Grant Wood Area Chapter, 8 a.m-12 p.m.
6300 Rockwell Drive NE, Cedar Rapids

June 8: Grant Wood Area Chapter, 11:30 a.m-5:30 p.m.
6300 Rockwell Drive NE, Cedar Rapids

June 8: United Methodist Church Shueyville, 3 p.m-7 p.m.
1195 Steeple Ln NE, Shueyville

June 9: Bethany Lutheran Church, 2 p.m-6 p.m.
2202 Forest Drive SE, Cedar Rapids

June 10: Community Savings Bank, 1 p.m-6 p.m.
101 Robins Square Ct, Robins

June 12: Grant Wood Area Chapter, 11:30 a.m-5:30 p.m.
6300 Rockwell Drive NE, Cedar Rapids

June 15: Grant Wood Area Chapter, 11:30 a.m-5:30 p.m.
6300 Rockwell Drive NE, Cedar Rapids

June 17: Hy-Vee Waterfront Drive, 10 a.m-3 p.m.
1720 Waterfront Dr., Iowa City

June 18: Hy-Vee Dodge Street, 2 p.m-6 p.m.
1201 N Dodge St., Iowa City

June 20: Grant Wood Area Chapter, 8 a.m.-12 p.m.
6300 Rockwell Drive NE, Cedar Rapids

June 20: Quasqueton School, 8 a.m-12 p.m.
202 Walnut St., Quasqueton

June 24: St. Mary's Church, 11 a.m-5:30 a.m.
119 W. Fayette St., Manchester

June 24: St. Athanasius Catholic Church, 12 p.m-6 p.m.
641 Stevens St., Jesup

June 30: Vinton Skate and Activities Center, 1:30 p.m-6 p.m.
1703 C Ave, Vinton