

## AMERICAN RED CROSS ADULT FIRST AID/CPR/AED



### 2022 Schedule:

January 13  
February 10  
March 10  
April 14  
May 12  
June 9

### Class Hours:

8:00 am - 1:30 pm

### Where:

Great Lakes Safety Training Center  
1900 Ridgewood Drive, Midland, MI

### Contact Information:

989-837-2332 | [www.glstc.org](http://www.glstc.org)  
[enrollment@glstc.org](mailto:enrollment@glstc.org)

### Pricing:

Member - \$92  
Non-Member - \$108

*The above prices are for classes held at GLSTC. If you'd like a class conducted at your facility, please contact us for a quote.*

*Class dates and prices are subject to change. Please contact GLSTC to verify class availability.*

### Why should I take Adult First Aid/CPR/AED?

This course is designed to help students recognize and respond appropriately to emergency medical situations including cardiac, breathing and first aid emergencies for persons age 12 years or older.

American Red Cross certification will be issued and is valid for two years.

### What skills will you learn in this training?

- How to check a conscious and unconscious adult
- Heart attack symptoms
- Cardiopulmonary resuscitation (CPR)
- Automated external defibrillator (AED)
- Choking
- Severe bleeding
- Sudden illness
- Stroke
- Shock
- Heat and cold emergencies
- Burns
- Muscle, bone and joint injuries
- Head, neck and spinal injuries