

Life-saving award honors heroes at Hanford, cont.

Want to be prepared to save a life?

The Red Cross teaches lifesaving knowledge in our area.

Red Cross offers first aid classes

Individuals who don't receive first aid training as part of their jobs but want to take it on their own can sign up for community classes offered by the American Red Cross. Tri-Cities residents are served by the Benton-Franklin Chapter of the American Red Cross. It regularly offers first aid training at its facility at 7202 W. Deschutes in Kennewick.

According to staff member Scott Behrends, courses include American Red Cross First Aid, American Red Cross Adult cardiopulmonary resuscitation and American Red Cross Infant and Child CPR. Prices are \$35 to \$45 per person, depending on the course work. Training takes eight hours with a lunch break. Special classes can be set up for groups of at least eight. Those who have received the training in the past and want to challenge the course in order to update their certifications can do so in challenge classes.

American Red Cross First Aid provides the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course does not include training for breathing or cardiac emergencies.

American Red Cross Adult CPR covers knowledge and skills needed to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel take over. It includes response to assist a choking victim. American Red Cross Infant and Child CPR focuses on breathing and cardiac emergencies in children and infants.

The Benton-Franklin Chapter of the Red Cross is always looking for first aid and CPR instructors, according to Behrends. Becoming an instructor requires completion of the regular class and another two-day course. Certification is maintained by teaching at least one class per year. ♦