



GCSU Well-being & Marie Puckett are excited to offer CPR Training via the American Red Cross on October 10th and November 7th from 10:00-11:00 AM in the Pat Peterson Museum Education Room of Russell Library.

GET TRAINED. ACT WITH CONFIDENCE.



American Red Cross

Authorized Training Provider



Featuring award-winning simulation learning, our blended learning programs combine self-paced, interactive instruction and in-person skills sessions.

Successful completion of both the online course and in-person skills session meet the requirements for 2 year Red Cross Certification.

Registered participants will receive emailed instructions and a link to access the online course.

This course takes only a few hours and should be completed at your own pace, prior to the in-person skills session.

A course completion certificate is required for participation in the in-person session.

The skills session demonstrates hands-on competency of several skills you learned in the online course. There will be a quick lesson review followed by practice.

Hands-on skills covered in the session:

- Choking
- CPR (cardiopulmonary resuscitation)
- Use of an AED
- Administering Naloxone
- Safe Removal of Gloves

Registration is capped at 12 participants per in-person session. Since spaces are limited - please only register if you are committed to completing both steps! [Sign-up here!](#)

Step #1: Marie Puckett will email you instructions and a link to access an American Red Cross online course. This course takes only a few hours to complete and should be done at your own pace prior to the in-person skills session on October 10th or November 7th.

A course completion certificate is required for participation in the in-person session. After you successfully complete the online course, Marie Puckett will receive a notification via the American Red Cross.

Step #2: Attend your selected in-person skills session, a one-hour commitment, for the final portion of obtaining your CPR certification course. The skills session demonstrates hands-on competence of several skills you learned in the online course. There will be a quick lesson review followed by practice.