

CPR/First Aid/AED Training Course

Frequently Asked Questions

How is this different than previous trainings? Format and method of training is the biggest change. Quality of materials presented is the same. Previous trainings consisted of 3-5 hour classroom sessions which included training curriculum, a skills practice session, and examination. These classroom sessions had a limited number of seats available. This new format will be in two separate parts: online training curriculum with examination and an in-person skills practice session. The online training is to suit your schedule and for you to go at your own pace. There are no limits on seats. The skills portion is a time to practice and demonstrate what you have learned.

What will it cost me? For employees of Jefferson County School District 509-J, this course is offered at no cost to you.

Why can't it all be online? CPR is a hands-on skill and thus needs to be practiced to become proficient. If ever you find yourself in a situation where CPR is needed, you can be confident that you are doing it correctly and performing at your best.

Since the online portion is "go at your own pace", how long do I have to complete the course? Once you begin the course, you have 180 days to complete it. It is strongly encouraged that you finish in a timely manner and not wait until the last minute to complete.

What if I don't need immediate recertification? Will there be another sign up time? If you are due for recertification later in the school year, you may still register at this time to receive a log-in. Other sign-up opportunities will be available throughout the year.

What is involved in the Skills Session? How much time should I allow?

The skills sessions will be in an open lab format, which means you come during the time allotted and practice openly on the mannequins provided. There will be a proctor at each session. You will need to practice and be able to demonstrate that you understand:

- When CPR is appropriate and the steps to follow
- Proper CPR technique, including rate and depth of compressions
- Utilizing an AED

Please be mindful that there are a limited number of mannequins, so allow yourself 15-30 minutes to complete the skills portion. Once you've been checked off as completing the skills session, you will receive your physical wallet card.

Who has to be certified? Many staff members are required to have a current First Aid/CPR card per their job descriptions. Each school is required by law to have at least one person with a current First Aid/CPR card for every 60 students enrolled.

If you have additional questions, please contact Brianna McFarlin.