

Top 9 Ways to Meet Your CPR and First Aid Requirement

1. Attend a class at your Lifegains' office. Lifegains has two American Red Cross instructors on staff, and courses are planned as needed. When a class is scheduled, it is posted on the training calendar at www.lifegains.org.
2. Attend a class offered at local chapter of American Red Cross. Classes are typically held several times each month. To find the chapter closest to you, go to www.redcross.org.
3. Attend a class offered by the American Heart Association. Check their website at www.americanheart.org and select the option "Find a Class Near You."
4. Attend training provided by your employer.
5. Use the home study, "CPR for Everyone." You may check it out from the Lifegains Library, or purchase your own copy of the DVD based program for \$9.99 plus shipping and handling from the American Red Cross Store: www.redcrossstore.org.
6. Buy the American Heart Association Self-Directed Study program, "CPR Anytime." This can be found by accessing their website, www.cpranytime.org.
7. Take the online version of The American Red Cross CPR class. Most of the course can be completed online, then you meet with an instructor who will check out your skills. Call your local chapter for more information.
8. Take the online version of The American Heart Association's CPR class. This can be found on www.onlineaha.org. Click on the "Community" tab to find online courses appropriate for meeting the foster parent requirement.
9. Take CPR and/or First Aid online from the Professional Training Network website: www.ptitraining.net. Cost varies depending on the topics selected. Classes can be completed online and are good for 2 years.

All options (except #1) have fees that are the responsibility of the participant.

**** Remember to provide documentation of completion to the Lifegains Training Department**

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