

First Aid Class



First aid training prepares you to care for your family and community during an emergency. Emergency responders can be overwhelmed during a crisis and may not be available to provide treatment. First aid training can treat less-threatening injuries and can help prevent crowding health care facilities in an emergency. Many employers provide first aid training and value employees who have an understanding of emergency treatment procedures. To register for first aid classes through the Red Cross, visit www.redcross.org/take-a-class. For more information and additional resources, visit utah.gov/beready.

- Identify which first aid classes are offered in your community. Various training and certification programs are offered through the American Red Cross as well as state and government agencies. You can also find training programs online.
- Ask your employer about available first aid training programs. Many employers offer workplace training or certifications for both general first aid and specific job functions related to first aid.
- Encourage children and family members to enroll in first aid certification courses. Discuss how you will prepare for emergency situations where first aid training may be necessary.
- Renew your certification every two years. Consider additional certifications including AED training and CPR.

Watch 20 to Ready videos at www.kbyueleven.org/community/20toReady